



# The Conglomerate

VOL 109 | ISSUE 1 | AUGUST 2019

## Getting Back to Work

How to build a successful college routine after summer break - **Page 10**



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### The Annual Book Bazaar

Centenary's annual event funding Centenary student projects and programs will be held this September 6th and 7th

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### Whose Choice Is It?

Read arguments from both sides of the debate on new "heartbeat" bills being passed in states across the country, including Louisiana

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### New Year, New Sports

The school will add three new men's and women's athletic programs in the 2020-2021 school year.

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# NEWS

## This Year’s SGA Executive Council

Article by Abigail Moody

**President**

Amir Kaskas is a senior Biology and Philosophy double major with a minor in Chemistry. He will be serving his second term as SGA President this year. Under his presidency last year, SGA rewrote their constitution and bylaws to rework their committee and Executive Council responsibilities, promoted improvements to the cafeteria, and started a discount card program for Centenary students at local businesses. Prior to serving as President, Amir served as a Freshman Senator and VP of Institutional Affairs. As VP of Institutional Affairs, he had more water-bottle-filling stations installed and worked on an off-campus living policy. In addition to serving on SGA, Amir is also the Vice President of Centenary’s TKE chapter and a member of the Beliefs and Values Leadership Team, the Diversity Committee, the Orientation Mentor and SOAR Leadership Team, and AED Honor Society. This year as SGA President, Amir plans to continue efforts to increase stu-

dent attendance of Centenary athletic events, empower the student media organizations to be independently led and organized without direct SGA oversight, establish formal systems for chartered student organizations to be audited and funded, expand the Student Discount Card program, and increase the transparency of how SGA spends student fees. Most exciting to students will be his goal to continue working with the administration to make off-campus housing a reality, a goal to which the administration seems to be more receptive.

**VP of Finance**

Coco Edwards is a senior Political Science major with minors in English and Spanish. She will be serving her second term as VP of Finance this year and previously served on the Finance Committee as a Sophomore Senator. She plans to “improve communication, transparency, and financial efficacy in SGA’s working relationships with student organizations” this year, so that all chartered

organizations understand how to achieve SGA assistance in an organized and timely fashion. She also looks forward to increasing student media presence and success on campus as Chair of the Media Committee. In addition to her work on SGA, Coco is also the Media Coordinator for BIG Event, a member of Beliefs and Values, and has served as a mentor or Lead Team organizer for both SOAR and Orientation for three years.

**VP of Campus Engagement**

Piper Beilke is a junior Psychology major. She will be serving this year as SGA’s VP of Campus Engagement. Her goals are to increase sustainability on campus, connect our student involvement with the community, and to directly support Centenary’s many student organizations. Piper is also a member of the Ladies Soccer Team, Chi Omega, and Student Ambassadors. She has previously served on SGA as a Freshman Senator and a Sophomore Senator. In these positions, she has

served as a representative of SGA and assisted in chartering new student organizations and increasing SGA’s presence on social media.

**VP of Publicity & Records**

London Todd is a sophomore working towards dual degrees in Biology and Music. This year she will be serving as SGA’s VP of Publicity and Records. Her goals for the position are to increase student attendance of SGA’s weekly meetings, to develop a better working relationship with the student media, and to develop a means of communicating weekly meeting content to students who cannot attend. Last year, London served as a Freshman Senator and contributed to the Social Media Committee through running SGA’s Instagram page and worked on providing the mixers before weekly meetings. In addition to being a part of SGA, London is also an accompanist for the Centenary College Choir and a member of the Ladies Tennis Team and Chi Omega.

**VP of Institutional Affairs**

Payton Fowler is a junior and serving as SGA’s VP of Institutional Affairs. He previously served as a Freshman Senator and as the first VP of Publicity and Records. During this time, he had the opportunity to work on the off-campus housing resolution and serve on the Institutional Affairs committee where he worked on bylaw revisions and the Centenary Discount Card. In addition to his SGA involvement, Payton serves as the Social Representative for the Centenary College Choir and is a member of Tau Kappa Epsilon, Beliefs and Values, and the Orientation staff. His goals this year include implementing a formal training program in Parliamentary Procedure for newly elected SGA Senators, collaborating with RHA to install more washers and dryers and charging stations for the residence hall lobbies, continuing SGA’s efforts towards food service improvement, and working with DPS, IFC, and Panhellenic to improve Centenary’s social policy.



## Dr. Karen Soul Becomes Interim Provost & Dean

Article by Melissa Sisemore

Centenary’s Dr. Jenifer K. Ward, who has served as Provost and Dean for five years, is leaving to be president of Luther College in Decorah, Iowa. Dr. Ward will be the third senior administrator at Centenary to become president of a liberal

arts college. Dr. Karen Soul, who served as Vice Provost of Academic Affairs, will be taking over as Interim Provost and Dean of the College and Professor of Education. She began working at Centenary in 2003 as a faculty member in the

Department of Education and started working in the Provost’s Office as an Associate Provost in 2011. Dr. Soul was promoted to Vice Provost in 2012. Even though the position, as Provost-Elect and Dean, is not currently permanent, Dr. Soul says

this does not dampen her enthusiasm for her work. Some of her goals for the coming year include: “accompanying students to Centenary in Paris; attending campus events and committee work... [implementing] the new Integrated Advising

Program... [and supporting] faculty and staff in creating and implementing excellent academic and co-curricular programs.” She says she is “truly honored to be in this role” and encourages students, faculty, and staff to reach out to her.



# Centenary’s Annual Book Bazaar

Article by Callie Fedd

Every year the Centenary Muses host the Centenary Book Bazaar. The Muses are a philanthropic group dedicated to helping Centenary sustain the luxurious daily life its students have become so accustomed to. For thirty-three years the bazaar has been an annual event in the Shreveport-Bossier community, where book lovers browse among the stacks packing the Gold Dome for two days in September. The books are provided by generous donors from all over the area, and the bazaar itself is staffed by gracious volunteers. This allows the Muses to use all of the proceeds from the sale to fund campus projects and student activities for the next year at Centenary. This year the bazaar will run on Friday, September 6 and Saturday, September 7. On Friday the hours will be from 4:00 PM to 9:00



Photo Courtesy of Centenary Marketing & Communication

PM and on Saturday from 9:00 AM to 4:00 PM. While you may not be able to bring yourself to part with any of your

gently used treasures, consider attending the sale instead. Bring your family, your friends, your co-workers, your next

door neighbors--even that one awkward acquaintance whose name you can't remember. After all, there's no bond-

ing experience quite like the rush of buying new books together.

# What to Know About Honor Court

Article by Lily Ann Easley

Centenary College has a pledge all students and faculty must sign. This pledge is called the Honor Code. Many alumni can remember this pledge for many years after - "I have neither given nor received unauthorized aid on this examination (paper), nor have I seen anyone else do so, except as I shall report immediately to the Honor Court." The Honor Court is the organization used to preserve this pledge and is made up of a body of students and faculty members. This organization has been around for over 65 years on campus, starting in the "Fall semester of 1953," one of the Honor Court advisors found in the records. The members of the Court are called justices, and they are nominated

by students and faculty before being elected to the position. This year, new things are coming to the Honor Court! Elections will soon take place at the end of Fall Semester, Sophomores and Juniors both can now be justices, and graduating members will have all of Spring semester to mentor the new justices. These justices "investigate suspicious activity, hear cases, and decide on appropriate punishments." Justices are the body of students that decide whether or not you are guilty of an Honor Court violation. Chief Justice, Laura Frazier, explained the most common violation comes from a lack of communication, "A lot of students could avoid being sent to the

Honor Court if they just asked their professors for clarification." Frazier encourages students to reach out and develop good organization skills, as many violations also come from "rushing" assignments. If you are found in violation, the typical punishment is to rewrite the paper, fail the assignment, or know what you did wrong and get let off with a warning. All students who must appear before the Honor Court are provided a Student Representative. Take advantage of your resources because "their main purpose is to meet with the accused student before the actual trial to answer questions they have and explain to them what's going to happen next," Frazier said. All court hearings do not

end in punishment but not all students are let off with a warning. Laura Frazier explains, "the Honor Court is evidence based and a lot of work goes into what we do to determine if the Honor Code was violated. Therefore, it's important to always disclose sincere and accurate information if you're reporting a case or being sent to Honor Court, because it helps us determine an accurate verdict." The Honor Code is important for students to uphold and maintain in order to create a better community. "Everyone here is working extremely hard to earn their degree. Letting someone else circumvent established rules to earn their degree detracts from the value of the hard work

being put in by their peers," Chief Justice Frazier advises. So let's introduce the justices of the 2019-2020 academic year!

**Chief Justice:**  
Laura Frazier

**Associate Justice:**  
Taylor Wells

**Clerk:**  
Max Wamsley

**Justices:**  
Marissa Lally, Lauren McHan, Alex Naron, Haley Parker, Raegen Petzold, Aeron Tisdale, Brooke Williams

**Faculty Advisors:**  
Dr. Chris Ciocchetti  
Dr. Jarret Richardson  
Dr. Peter Zunick



# OPINION

## Bringing an End to Music Shaming Culture

By Abigail Moody



Photo by bruce mars on Unsplash

Music is integral to the human experience. Music brings people together in remarkable ways all around the world. People from vastly different backgrounds can connect over a shared passion for music even if they enjoy different styles. An incredible number of different music genres exist today that did not exist fifty to sixty years ago. This great diversity of music allows people to find more unique sounds and meanings than ever before. Because of modern technology, we can access music from all over the world with incredible ease that would have been impossible just fifteen years ago.

A person's taste in music can be remarkably personal. Certain songs and artists can have different meanings based upon the experiences you associate with them. Unfortunately, people can often be judged based upon these musical preferences, and those hurtful stereotypes may be associated with a sin-

gle song or artist, or an entire genre. If you only listen to popular music, it can be hard to realize these sorts of judgments are so common, but for those of us who place a large importance on music, being shamed for musical taste can be a real problem.

Personally, I have very rarely liked what is popular, and that applies especially to music. Growing up, I would listen to movie scores with my dad. I may not have watched *Lords of the Rings* until I was 12, but in kindergarten, it's all I wanted to listen to. Well, that and my VeggieTales CDs, but those are more common among five-year-olds. This trend continued through all of elementary and middle school. In the sixth grade, I remember the boys in my class teasing some of the girls about liking "Justin Beaver." Needless to say, I had no idea what they were talking about. In high school, I loved U2, Enya, and Coldplay, but one of my other favorite

bands was Iona, an obscure group which played Celtic progressive rock. Because of these unusual music tastes, I just stopped telling people what music I liked. It was too hard to explain and could end in embarrassment on my part. All of this is not to say that I'm not guilty of judging others as well. Until I discovered *Hamilton*, I had a strong distaste for rap and approached those who enjoyed it warily, but now the majority of my favorite songs include at least one verse of rapping. I still don't like country music, but I can at least let others enjoy it without insulting their beloved artists.

Growing up, I rarely encountered the outright rudeness towards people's musical preferences that I often see today expressed on social media. As social media has made it easier to attack people for who they are, music tastes have also come under fire. While memes about the subject tend to be harmless, there are people who waste their

time berating fan pages for popular artists, but to what end? Social media has become somewhat of a cancer of modern society, but why must music of all art forms suffer?

Certain genres tend to face a lot more judgment than others. Genres considered outside of the mainstream can face serious amounts of hate. In the late 20th century, hip hop was new and controversial even after achieving mainstream success, but now, Drake is considered one of the most successful current artists. Popular music is no longer dominated by white artists. Just this summer, Lil Nas X broke the Billboard Hot 100 record for most weeks at No. 1 with "Old Town Road" featuring Billy Ray Cyrus. A gay, black rapper is dominating the charts with a country song, and it still feels somewhat bizarre.

But what about non-English music? The US makes up less than 5% of the world population, but our music is popular worldwide. In

fact, the best-selling album of 2018 worldwide was *The Greatest Showman* soundtrack. Hugh Jackman and company sold 3.5 million copies in a single year after the album released in early December 2017. More impressive is the album which came in second with 2.7 million in sales after releasing on August 24, 2018. With only about four months to accumulate sales, the album in second place was *Love Yourself: Answer* by BTS. They also claimed the number three slot with 2.3 million sales of their previous release *Love Yourself: Tear*. "But who is BTS?" I hear you say. The seven-member South Korean boy band has a powerful worldwide fanbase, ARMY, that has resulted in the group's incredible success. In April, their song "Boy with Luv" feat. Halsey, from their EP *Map of the Soul: Persona*, beat the YouTube record for most views on a music video in the first 24 hours with an astonishing 74.6 million views. The pre-



vious record holder was four-member K-pop girl group Blackpink’s “Kill This Love.” Despite their incredible success, I am frequently met with comments about not liking music in other languages because you can’t understand the lyrics, but you likely couldn’t understand the lyrics of “Despacito” which previously held the record for most weeks at the top the Billboard Hot 100, so this point seems somehow invalid. This is a group which has broken multiple YouTube records and collaborated with many Western artists, such as Halsey, Steve Aoki, Nicki Minaj, Ed Sheeran, The Chainsmokers, and Juice Wrld. BTS won Top Group/Duo at the Billboard Music Awards, beating out the likes of Imagine Dragons and Maroon 5, and are even members of The Recording Academy. (Yeah, like the Grammys recording academy.) I could easily list many, many more of their accomplishments, but BTS is only one example of an entire genre which is snubbed.

I mentioned before that Blackpink previously held the YouTube record which BTS broke in April. They recently toured in the US and performed on Good Morning America, just like BTS has done. Another K-pop group which has done the same is Monsta X, another seven-membered group. Other K-pop acts which have toured or will tour in the US this year alone include Stray Kids, Red Velvet, NCT 127, Pentagon, Winner, Ateez, Astro, Sumni, Epic High, and Twice. This isn’t even a full list. Korean pop is slowly coming into America’s mainstream music scene, but it’s still being treated as something not worth our time. K-pop fans are frequently belittled by friends and family to the point that many people choose not to be open about this musical preference. The extreme prejudice against Korean music is completely unfair to the fans and the artists. People are writing the music off as shallow and mass produced because they don’t understand

it. Several groups write and produce their own music as well as music for other artists. Song topics can range widely, and many songs have deep meanings. BTS has lyrics (in English) such as “I’m the one I should love in this world” and “you’ve shown me I have reasons I should love myself” from their songs “Epiphany” and “Answer: Love Myself” respectively. Blackpink’s song “Kill This Love” is about ending an abusive relationship. Epik High’s album Sleepless in \_\_\_\_\_ stemmed from one member inspired by sleeplessness and feelings of burnout. BTS’s debut song “No More Dream” spoke about not having any dreams for the future and adults being hypocrites for pushing young people without achieving anything themselves, which are sentiments that can be understood by young people anywhere. The issues spoken about in South Korean music aren’t just Korean issues; they’re human issues. At the heart of the

prejudice against K-pop though is America’s xenophobia and racism. Our fear of things which are different has prevented the US from accepting a variety of amazing entertainment from around the world, and K-pop is just the latest victim. Plenty of other fan groups are seen as weird and unusual due to a love of foreign language content. While US films earn big bucks in the Chinese box office, rarely do Chinese films ever make it to our theaters, and while anime is becoming more widely accepted, many American viewers still refuse to watch content in the original Japanese and opt for English dubs produced in the US (particularly in Flower Mound, Texas). Our content goes out to the world, so it should only be fair for us to accept the world’s content in return. The only way we’ll stop judging people for music tastes which are practically mainstream is to become accepting rather than remaining racist, xenophobic bigots.

# 100 Word Rant

By Abigail Moody

Louisiana makes for a possible poster child for climate change and human intervention. While once an unlivable wilderness, the state now faces constant coastline erosion and flooding along the Mississippi River due to more rain further north. This summer, the Bonnet Carre Spillway opened twice to alleviate the flooding of the Mississippi, which resulted in a tripling of bottlenose dolphin deaths in the Gulf, the destruction of oyster beds, and a massive, detrimental algae bloom. As global temperatures rise due to greenhouse gases, these problems will only worsen, and yet the petroleum industry dominates here. It’s time for Louisiana to wake up and realize we’re killing the very place we call home.

## Why Liberal Arts Colleges Still Matter

By Melissa Sisemore



Photo Courtesy of Centenary Marketing & Communication

Approximately half of our classmates won’t graduate. We struggle to retain students after their freshman year. But is this unique to Centenary or is there a larger issue? Across the country liberal arts colleges are fighting to stay relevant in an increasingly tech-based world. A quick Google search reveals

headlines like “Is Majoring in Liberal Arts a Mistake For Students?” and “A Rising Call to Promote STEM Education and Cut Liberal Arts Funding.” In short, are liberal arts college still a viable path to higher education and a job in the 21st century? An increased pressure to go into tech fields is hurting liberal arts col-

leges. The most popular college majors are nearly all tech and science based. According to U.S. News and World Report, mechatronics engineering, business, computer science, data science, cognitive science, pharmaceutical sciences and human resources are the majors with the best job prospects. Part of this push comes from STEM. Partially, because so many jobs rely on technology. Additionally, educational leaders want to close the gender gap in tech fields. So where does this leave schools like Centenary, whose only engineering and computer science programs are minors? I asked Dr. Emily Leithauser, Centenary’s Assistant Professor of

English and published author, why she thinks liberal arts colleges are still relevant and she said, “Liberal arts colleges are unique because their focus, the study of human literary, scientific, and cultural activity, opens a window to the past, to the worlds we both inherit and aspire to change as we imagine the future.” Despite the increasing emphasis on STEM careers, I think our growing awareness of social issues will continue to make liberal arts colleges relevant. It is important to reflect on the past and on human achievements to learn for the future. A good liberal arts college expands your thinking and fosters diversity which will always be important. I think by

emphasizing these traits, colleges like Centenary will continue to persist. Additionally, liberal arts programs are attracting more first generation college students than in the past, and its leading them to higher paying careers. This is reason enough to say liberal arts colleges still matter. Personally, I do not believe STEM and liberal arts should be in competition. We need people in all fields. I would not want to live in a world without authors, historians, poets and teachers. Liberal arts still has real value for students. You learn critical thinking, are exposed to new ideas and ways of thinking, and learn to express yourself.



# Heartbeat Bills: Both Sides of the Issue

## Pro-Choice: Giving Women Autonomy

By Callie Fedd

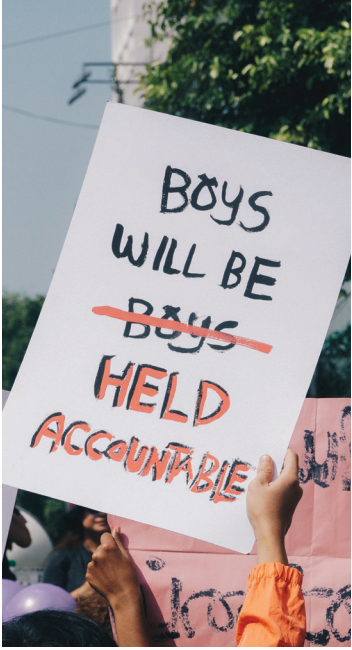


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Photo by Elyssa Fahndrich on Unsplash

Lately, one of the predominant issues in the media is the controversy over abortion and recent “heartbeat bills.”

To simplify what most already know: abortion is the act of terminating a pregnancy and “heartbeat bills” are the acts of legislature to restrict it. In 1973 the Supreme Court made a landmark decision, known as *Roe v. Wade*, to legalize abortion up until the point where a fetus could survive outside of the womb-- which is typically around twenty-four weeks into a woman’s pregnancy. However, since its inception there have been factions of people lobbying to have *Roe v. Wade* overturned. Recently, there has been a movement gaining traction to do just that--the biggest movement since the enactment of the law.

On May 15, 2019, Alabama governor Kay Ivey signed the bill known as the “Alabama Human Life Protection Act” into law. The bill is the most restrictive abortion bill to pass to date, banning abortion in all cases with no exemptions granted for pregnancies brought about by rape or incest. The only exceptions are when a fetus has a “lethal defect” which would

result in a stillbirth or a soon death, and when the mother’s life is unequivocally at risk. Any doctor to violate the law can be charged with felonies and face up to 99 years in prison, a verifiable death sentence to any violator. Signing the Alabama bill set into motion other pieces of similar legislature in surrounding states. States like Missouri, Mississippi, Georgia, and our very own Louisiana have recently passed their own versions of the “Alabama Human Life Protection Act.”

On May 30th of this year, governor John Bel Edwards signed the heartbeat bill banning abortion once a fetal heartbeat can be detected. Although at first glance the bill sounds like a suitable compromise between *Roe v. Wade* and the Alabama Human Life Protection Act, when breaking down the semantics of the law it becomes clear that instead of being a compromise the only difference is the lack of a lofty name like the “Alabama Human Life Protection Act.” Like the Alabama law, Louisiana’s new law allows no exceptions unless a fatality for fetus or mother can be proven--exceptions that are not viable even in the

case of rape or incest. Any doctor to violate Louisiana’s law can face up to two years in prison and the loss or revocation of their medical license.

In some ways this recent rash of new bills seems to either be naively stupid of the realities of the world, or unflinchingly cruel. Even while I logically understand the push by the “Pro-Life” movement to further their agenda with these bills, it is the complete lack of exceptions made for rape or incest that floors me. I realize America has never liked to punish rapists at the risk of ruining their “bright futures,” but with movements like #MeToo, its astounding the reality of rape could be ignored in 2019. In 2018 there were 5,607 sexually-oriented criminal offenses reported in Louisiana. And those are just the ones that have been reported, to this day rape remains the number one crime not reported. Either people like Kay Ivey and John Bel Edwards willfully ignore this reality, or they accept it and still believe rape victims should have to live with the products of their rape.

Whoever decided to label the sides in the abortion argument as

“Pro-Life” and “Pro-Choice” must have been a “Pro-Life” genius. Language has a huge role in shaping society and perception of world events. When given the power of an audience, words carry a huge weight. So in assigning the names “Pro-Life” and “Pro-Choice” to the debate, those pushing anti-abortion automatically assume the moral highground by virtue of the banner they’re waving. After all the opposite of “Pro-Life” must automatically be “Anti-Life,” and when put in black-and-white, light versus dark, good versus evil framework, who could possibly choose a side that has been aligned as the villains?

There is a huge portion of the population of the United States firm in defending their constitutional rights. Correction, in defending the constitutional rights if and when it suits their agenda. When a woman has a constitutional right to her own body, the legislation must be overturned in order to support a “Pro-Life” sentiment. But when a bill on gun control is considered, it is the constitutional right of the masses to bear arms

and to adjust the living document of our nation’s constitution would be un-American. To oversimplify the matter, what makes me want to scream until my throat is raw is the sheer hypocrisy of it all.

Does “Pro-Life” stop outside the womb?

The first matter: the idea that a founding concept of America is the people’s right to choose, until a woman falls pregnant that is. I know there are people that fall in the outlying sections of this, but the overlap between the abortion argument and gun control debate must be acknowledged. A large amount of liberals who take the “Pro-Choice” side in abortion also advocate for some forms of gun control in our country, while conservatives who align themselves as “Pro-Life” are the ones who most heavily oppose any piece of legislature concerning guns. In the last couple of years it seems as though America has fallen into a comfortable routine concerning gun violence. Multiple people are killed and injured, and we flood to social media calling out just how horrific it is, how tragic, how it is just a cruel twist of fate. We give our prayers and



our support, and then we cry tears of empathy and call for some form of change. Because lord forbid this ever happens again in our America. But gradually, once the casualty list is complete, the pictures stop circulating, and the candle-light vigils disperse--the sympathy changes into criticisms and critique. Once the media stops assaulting the nightly viewers with the images of blood-splattered clothes, it becomes okay again to rationalize why any reform is just not needed. And then it happens again, and the never-ending cycle continues on once more. The

gun debate isn't the only side where "Pro-Life" advocacy isn't upheld. Twenty-nine states in the United States actively enforce the death penalty, Louisiana being one of them. The current death row population in Louisiana is listed at seventy people, there have been twenty-eight executions in the state since 1976, and there have been eleven reported cases of innocent people being freed from death row in Louisiana since 1976. How can those who hold the lives of those who haven't even begun yet to be of utmost importance, over the lives of those who were already here in

this world?  
People who claim to be Pro-Life can't pick and choose who or what should live or die. If you are a pro-life advocate you should be:  
1. A vegetarian: No animal should be killed in order to feed another species.  
2. Pro gun control: Guns have been used to kill far more people than abortion ever has.  
3. Anti-death penalty: If all life is to be considered sacred then the penalty should be seen as an abberation.  
The hypocrisy the pro-life movement encourages defies logic. Most people who support this

use religious beliefs to justify their position, but the reality is they defy any bounds of humanity by setting themselves up to be judge, jury, and executioner.  
There is a chance of these heartbeat bills, Louisiana's and the Alabama Human Life Protection Act," eventually being struck down by the United States Supreme Court as being unconstitutional. Multiple lobbyists for these bills have acknowledged this fact--they know these enforcements are currently unconstitutional. What they're hoping for is that the movement gains enough traction to

push the Supreme Court into rescinding *Roe v. Wade*. And in the process, taking America fifty years back into the past with escalating casualties. Abortion has always existed and it always will. The only difference is that instead of having safe access to it, women will resort to back alley procedures that put their lives at risk. If a woman makes the decision to have an abortion, does it automatically mean her life is forfeit as punishment? Should lives that haven't even begun yet be prioritized over those that already exist in the world?

# A Pro-Life View of Louisiana's Heartbeat Bill

By Melissa Sisemore

Did you know an unborn baby's eyelids are forming at six weeks? Their heart is already beating. Blood is starting to flow through unimaginably tiny veins. Arms and legs are beginning to form. Why does this matter?  
Louisiana governor, John Bel Edwards, passed the "heartbeat bill," which prohibits "abortions once a heartbeat is detectable with no exceptions for rape or incest." Alabama, Georgia, Kentucky, Maryland, Minnesota, Mississippi, Missouri, and Ohio have passed or are attempting to pass similar laws. In some cases, it has not come into effect yet or has been blocked by a court order. Louisiana's ban will come into effect if Mississippi's law, which is currently blocked, is upheld by federal court. This is because the Louisiana bill is modeled after Mississippi's, and so, if a federal court upholds the Mississippi bill it will also uphold the Louisiana bill. But what does the "heartbeat bill" mean? In our state, it means after six weeks, when a fetal heartbeat can be detected by doctors, you cannot get an abortion. Is this good? Bad?  
If you are reading this article, you have "born

privilege." It's unclear who invented the term, but according to Rebecca Stapleford in her 2013 post, "Check Your Born Privilege," on the website, "Secular Pro-Life Perspectives," born privilege is simply the privilege of being born. She writes "no group is more oppressed than the unborn [because] they aren't even considered to be people." Because you were lucky enough to be born when 250 million were chemically aborted and approximately 60 million surgically aborted, you have the "privilege" to support laws that enable the deaths of the unborn. When you consider more than 19 million African American babies have been aborted since *Roe v. Wade*, supporting abortion, unreservedly, takes on a more sinister tone.  
It's time for the rights of unborn babies to be championed, just like African Americans, Native Americans, and other minorities fighting for equal rights. Some of the main reasons they are denied rights: their inability to communicate, lack of intelligence and mobility, inability to breathe by themselves or maintain their bodies without medical intervention. These are shared by disabled people and



Photo by Maria Oswald on Unsplash

the elderly, yet murdering them is a crime and aborting an unborn baby is not. One reason for this is the fact not aborting an unwanted baby means forcing another person, with legal rights of their own, to carry the baby to term. Some have said this elevates the rights of the fetus over the rights of the mother, like a 2018 Vice article, "When Women Have Fewer Rights Than a Fetus," did. Others say it threatens bodily autonomy and the government is overstepping its bounds when it tells women what to do with their bodies. But the government already has laws that tell us what we can and can't do with our bodies. I can't grocery shop naked, have sex in public, or have

my remains buried in my backyard, no matter how much I may want to. The government can tell you what to do with your body when it prevents the murder of another person.  
But how does this impact students at Centenary? What happens when someone has an unplanned pregnancy? There are three abortion clinics in our state. Hope Medical Group For Women, which is across the street from Centenary, will no longer be able to offer surgical abortions past the six-week mark. I have to point out, though, that all DNA is present at conception. Everything from your hair color to what health issues you'll have is already present. For

that reason, I am against abortion at all stages. For now at least, abortion at this time is still legal. After six weeks, though, pregnancies will have to be carried to term and then the baby can be put up for adoption.  
Why should unborn babies have to pay for society's inability to support pregnant women? There's no reason women can't carry their babies to term and still work or go to school. We should work on enabling women to have full lives while pregnant, even if they intend to give up the baby for adoption. Just because society is oppressing women, doesn't mean the solution is to pass it on to the unborn baby, who never asked to be born.



# SPORTS

## Spotlight on Soccer Player

Article by Lily Ann Easley

Veronica Dougherty is one of our Centenary Soccer Ladies. She is a Sophomore, CRA, and a proud member of Greek Life. In this issue of Athlete Spotlight, we are going to dive deep into Veronica’s soccer history and how it got her to Centenary College of Louisiana.

**How did you get started in Soccer?**

I started when I was at the age of five. My parents put me in soccer to burn off all of the little kid energy. I actually fell in love with the sport from the very beginning. I played multiple sports while I was playing soccer. I did cheer and gymnastics mainly while playing soccer. At one point I had to give up cheer and gymnastics because the travel schedule would conflict so much with soccer.

**Guide me through soccer and school life.**

It was rough. A lot of late nights and early mornings. A typical day for me was morning practice at 5:30am-7:00am, school from

8:15am-4:15pm, practice from 4:30-6:00, and another training or practice from 7:30-9:00. Then I would start my homework at about 9:30pm and depending on how much I had, I would finish the latest at midnight. Then shower and get ready for bed and repeat the next day.

**Where did you grow up? Was soccer big there?**

I grew up in McAllen, TX. It’s located at the very top of the border of Texas. It is about a 15 minute drive to Progreso, Nuevo León, Mexico. It is primarily Mexican environment. It is often referred to as the RGV, Rio Grande Valley. It was much like the rest of the U.S. where football was the major sport. The soccer community was very supportive of one another and helped get opportunities for one another.

**Why did you decide on Centenary?**

I got contacted by the soccer coach. Because I lived very far away, I researched the campus and got interested. My first visit was during Thanks-



Photo taken from Instagram

giving break and I fell in love with the campus, students, and the team. I had one more trip in April and met more of the girls in soccer and was certain this was where I was going to go to school. That and that Paris trip got me.

**What is different about Centenary Soccer? How do you train?**

We all clicked together on the field. Here at

Centenary I am able to do activities you would normally see at a D1 College. I train for soccer by focusing on my strength and agility. I also do skills work (drills with the soccer balls) and speed ladders.

**What is your major/minor and what do you plan to do with it?**

I am majoring in Biology and minoring in business administration.

I plan to be a Nurse Practitioner and hopefully run my own clinic with my doctor husband.

With the soccer season approaching, now is a great time to get involved! Go out and support Veronica and the rest of the team by attending games and cheering them on. Dates for home games can be found on the Centenary athletics website.

SATURDAY, SEPTEMBER 21, 2019

CAMPUS FEST





MUSIC: 11AM-11PM / FOOD TRUCKS: 11AM-8PM

FREE AND OPEN TO THE PUBLIC!



# Does Centenary Have a Mascot?

Article by Lily Ann Easley

Symbols have been around for a long time. Humans used symbols before written language and even incorporated them into pictographic systems. Mankind, past and present, know the power an image has; how you can instill an idea and even beliefs into an image. This is why nations create symbols to instill in their citizens what they should value. Symbols create a commonality among the people and a united feeling of nationhood, or belonging. With a country as big as the United States, there are numerous landscapes, environments, culture differences, and so much more. In order to bring the people in a state together they passed bills to make an official tree, bird, flower, and more. Louisiana has a number of symbols such as a state doughnut being the beignet, state amphibian is the green tree frog, state fossil is petrified palmwood, state wildflower is the louisiana iris, and the state dog is the catahoula leopard dog. Not every state will have a state amphibian or doughnut, so in this way you can really show off what is unique about one particular area.

Governments are not the only ones that have symbols though. Col-

leges throughout the past century have been known to rally their students under mascots. The word mascot comes from the French word “mascotte,” meaning lucky charm. The root of this lucky word is “masco,” a term for a witch or sorceress, so you can see that the phrase is rooted in the idea of magic or good karma. Mascots began as small tokens to carry with you for good luck, the figurehead on a ship, or an item to bring out for a good game (similar to bingo nowadays). If you ever have a chance to go to a bingo hall you will find people with their lucky dobbers and a multitude of trinkets displayed on their table, each offering a story or a different kind of luck. As the 20th century began, many colleges and sports teams began displaying live animals as their mascots. They were used to bring up the morale of the audience and to intimidate the opposing team. For example, the Chicago Cubs had a live bear attend their games. Many teams such as LSU, Baylor, and UGA still have live mascots. But as puppeteering and costuming advanced and became more refined in the 20th century, teams saw the advantages of switching to caricatures rather than

the real thing. First of all, it is less dangerous and more cost effective when you don’t have to pay for food, shelter, handlers, and more. Secondly, when people are the mascots they can interact with the crowd more, even going up to them, hugging and taking photos.

Centenary has been through many changes with its mascot. While other schools got on the trend easily, Centenary never added a steady mascot that lasted. Interestingly enough, when the latest mascot was tried out in 2007, they did not go for the current version of mascots, the people in suits. Instead, the school went for the old version, a live animal. You may not know, but in 2007 the catahoula leopard dog was named the mascot. Skeeter, a two-year old catahoula from a local shelter, was the lucky boy that came to events. After four years he died and the mascot was retired. Many have wondered if Centenary will ever have a steady mascot. I decided to reach out to Amir Kaskas, president of SGA, to see what the plans for the future may be.

“Yes! We are bringing back the Catahoula Mascot,” Amir Kaskas began. Throughout the year they have been in

the process of approving the move through a number of people such as Scott Halper- Student Athlete Advisory Committee President, Marcus Manning- Student Athletic Director, and Dr. Holoman- President of Centenary College. The leadership of Centenary and SGA became very excited and started the process of finding where some old costumes went and how they want to hire people to wear the suit. “We talked about the mascot being a potential scholarship position or something that came out of athletics so there would be a couple mascots, like maybe one or two, that would be at the games,” Amir Kaskas explained. In April they were still not able to locate the costumes but over summer SGA Executive Council (E.C.) met frequently, and they hoped to have them ready to go by New Student Orientation in August. Kaskas had no doubt they would be out and about at least sometime this school year.

So, Centenary is gaining a new symbol to bring the community together. “I think symbols in general are really important especially for spirit and pride. Right now we have the Ladies and Gents moniker. What we’re proposing is just bringing

a mascot as an addition to that moniker,” Kaskas said. He also had some words of advice for any newcomers to Centenary this year: “Whether it be athletic events, choir performances, theatre productions, or whatever the case is, our students are really involved and they put in a lot of effort to see the things they do. I think it is really important for students to support each other even if you’re not particularly interested in what’s going on... You should go support your friends and your peers. I think it’s a really powerful community building exercise. I also really want to encourage new students to reach out if they have any ideas or they have anything they want to see take effect. SGA meetings are Tuesday at 8:00 every week in the Whited Room and everyone is always welcome to attend. They should always feel free to shoot me or anyone else an email or text.” So put yourself out there and try something new. There are plenty of events to watch or participate in, giving a good excuse to step away from that pile of homework or to take a break from studying for that big test. Allow yourself time to experience all Centenary has to offer and get to know your peers better.

# New Athletic Teams to Come at Centenary

Article by Raegen Petzold

Centenary announced the addition of new athletic teams to come to the school back at the end of the last school year. According to the announcement from the school, the 2020-2021 school year will see the addition of men’s and women’s cross country, men’s and women’s track and field, and competitive cheer and dance. The

school has already begun a national search for coaches.

Director of athletics and recreation, Marcus Manning said of the new teams, “The addition of these programs will be another strategic step in providing new opportunities for prospective student-athletes that fits within the fabric of Centenary’s cam-

pus community. Cross country, track and field, and competitive cheer and dance (competitive spirit) all rank in the top 10 for most popular high school programs according to the annual National Federation of State High School Association (NFHS) participation summary. We are excited to bring these programs to the Shreveport-Boss-

ier area.” BPCC is the only other college in the Shreveport-Bossier area to currently offer track and field programs. Neither BPCC or LSUS offer competitive cheer and dance, however.

The three new programs are part of the growing number and variety of athletic teams Centenary has to offer. Currently, Centenary’s

athletic teams include baseball, men’s and women’s basketball, men’s and women’s golf, women’s gymnastics, men’s lacrosse, men’s and women’s soccer, softball, men’s and women’s swimming, men’s and women’s tennis, and women’s volleyball.



# LIFESTYLE

## Building a Successful College Routine

Article by Abigail Moody



Photo by Element5 Digital on Unsplash

It can be difficult to start and maintain a proper routine after being away from a rigorous school schedule for the two or three months over the summer. Making a small handful of simple things a priority can go a long way in maintaining a healthy and successful schedule for the school year. Whether you’re a freshman straight out of high school or a returning student, here are six tips for a great college routine.

### 1. Make an Effort to Be on Time

For classes with an attendance and tardy policy, arriving on time is clearly an absolute must, but being on time should be a priority in any class. You never know what valuable information you may miss by being late. More importantly, professors and other students definitely notice when you’re late. By being late when everyone else has arrived on time, you send the message that your time is more important

than theirs. By being on time, both the professor and other students will be more likely to help you out with homework and other assignments. This also goes for turning in assignments on time. If you consistently turn in your work for given deadlines, professors will be more understanding when unexpected circumstances arise.

### 2. Get Enough Sleep

The importance of sleep cannot be overstated. As tempting as it can be to watch “one more episode” or continue studying for that big test, your body simply cannot function without adequate rest. Sleeping seven to nine hours each night is essential to successfully remembering information and can go a long way in improving your grades. Remember: If you can’t understand the problem at midnight on the night before the test, you’re probably not going to be able to understand it at 8 AM either. You’re much better off sleeping.

### 3. Eat regular meals

It can often be hard to fit meals into a packed class schedule. Sometimes you have class from 11 AM to 4 PM with no time to eat a full meal at the Caf. This is when the Caf’s Grab & Go can be a lifesaver. While the waits at Randle’s can be too long, it can be super easy to grab a sandwich and some fruit in the short 10 minute break between classes. Hunger makes it harder to focus in class than you realize. You’ll do better if you eat even just a small meal. Breakfast can be especially important but overlooked. It’s worth remembering that the Caf now continuously serves from breakfast to dinner, so it’s totally possible to snag some food after an 8-9:15 AM class. Breakfast doesn’t have to be big, and buying simple protein bars to have for breakfast on your way to class can be a great purchase.

### 4. Create a Regular Weekly Schedule

Every week will have

different events around campus, but when it comes to the rest of your schedule, you should make it as uniform as possible. For instance, if you set your own work study schedule, make sure to work the same time every week. It’s also good to set aside times each week for studying, homework assignments, working out, and cleaning. This can be as simple as setting aside time every Saturday morning to clean your dorm, or it could mean creating a complex time table you strictly follow. Having a schedule you set for yourself will significantly improve your time management skills.

### 5. Take Breaks When You Need Them

It is incredibly important for your mental health to take breaks from your schedule when you feel you need them. If you simply cannot continue working on an assignment for the sake of your sanity, take a break. Watch TV, listen to music, or read a story.

In high school, an upperclassman once gave my graduating class the advice “your mental state is more important than your grades,” and this is a mantra worth repeating until you graduate.

### 6. Don’t Overcommit Yourself

Centenary has a large number of student organizations relative to the size of our student body. This makes it very easy to overcommit and join too many things. Some students can easily juggle being in eight student organizations, while others may struggle to keep up with only one. The Centenary community rarely acknowledges how thinly spread some students are. It may look impressive on a grad school application to be in so many organizations and hold several officer positions, but if you can’t handle it, you shouldn’t feel obligated. Your friends will understand if you have to say no, but it’s just as important for you to feel okay saying no as well.



# Tips for Staying Fit and Healthy at Centenary

Article by Sarah Dant

College is a huge new chapter in a young adult’s life. It’s a chapter of self-discovery, figuring how to “adult” properly, and of course, it’s a chapter of hundreds of tests, papers, and projects. It’s only natural for studies to reflect that this new chapter causes 61% of college students to begin seeking counseling for the first time due to depression and anxiety (49%), stress (45%), academic struggles (28%), and relationship problems (27%) according to the American Psychological Association.

While Centenary offers free, on-campus counseling for all, sometimes it’s not enough for those who have multiple mental illnesses or those who struggle with long-term trauma, causing students to seek therapy elsewhere. The reality is that college students are often struggling to pay for a tank of gas or a cup of coffee, and the last thing on their priority list is paying for therapy. Additionally, college students usually spend their days focusing on how to survive that next assignment or test, meaning this leaves very little time to focus on mental and physical health. So it’s only natural for mental illness statistics to skyrocket once a young adult steps on campus.

What many college students don’t realize is that the best—and usually more affordable—form of therapy is simply self-care. Self-care isn’t just lighting a candle and putting on a facemask, it’s about maintaining a healthy lifestyle which can seem impossible to any college student when life—and professors—seem to be against them. However, if you start by taking one step at a time, it’s definitely possible. Numerous studies show that an improvement in diet and an increase in exercise can reduce the

debilitating effects of mental illness significantly. Exercise is proven to reduce stress and depression levels—because of the increase of blood circulation to the brain—while a healthy diet is proven to do the same by reducing inflammation and increasing oxygen in the brain.

The hardest part about achieving a healthy lifestyle is often just starting somewhere. Start by reducing your weekly intake of sodas and sugary drinks, which are the biggest link to poor brain and mood function. Also consider reducing your dairy intake because it is a major pro-inflammatory for both your brain and your body. In the Caf, start introducing the salad bar as a side to a couple of your daily meals. Switch out pizza for a plate of vegetables, beans, and rice a couple times a week. Little steps go a long way in completely transforming your lifestyle. When it comes to eating out, consider visiting these local and affordable restaurants instead of fast food joints:

**Jason’s Deli:** An honestly underrated place to eat healthy soups, salads, and sandwiches for an affordable price. Complete with an extensive (and delicious) salad bar and a menu of dozens of vegetable-based soups and sandwiches.

**Green House Salad Co:** The Subway of delicious salads. Choose your salad base and top with dozens of veggies, fruits, grains, proteins, and dressings, starting at \$7. Someone makes it for you so you don’t have to.

**Don Juanz:** There are two locations nearby: one in Bossier and one in Shreveport. This Tex-Mex spot is dedicated to providing delicious but healthier versions of your favorite TexMex dishes: tacos, burritos, quesadillas, and even a variety

of salads. Limit the dairy and focus on loading your meal with veggies!

**Whole Foods:** This can be a bit pricey depending on what you get, but it is possible to get an affordable meal by ordering a smoothie or juice, buying a pre-packaged sandwich, or exploring the salad bar.

**Chipotle:** Many overlook the fact that you can order a healthy bowl or burrito at Chipotle. Stick to whole wheat for burritos and brown rice for bowls. Focus on adding mainly beans, veggies, and less dairy, and you’re good to go.

**Smoothie King:** A really easy and affordable way to incorporate more fruits, veggies, and greens into your diet! The one on E 70th street even has a drive thru. Check it out and see what you think!

**Rhino Coffee:** This one may sound a little odd, but both Rhino locations in Shreveport offer delicious salads, veggie-based sandwiches, and wraps. While you’re there to study, try out the salmon salad, the hummus plate, the Southfield avocado wrap, and the energy bites!

**Well+Fed LA:** This one is a bit more of a splurge. So if you have a few spare dollars in your pocket, spend it here and you won’t regret it. This is an all vegan café just five minutes down the road from campus that offers delicious smoothie bowls, salads, sandwiches, toast, and juice.

**Pho L’amour:** This pho

place is very affordable for a large amount of food and it’s barely 2 minutes away from campus. They offer many delicious types of pho, but if you want to keep it on the healthy side, focus on the vegetarian-based pho because it’s an excellent source of veggies and healthy protein.

As for exercise, there are multiple things you can do that only take 30 minutes of your day, max. The Fit at Centenary is free for every student and offers equipment for nearly every type of exercise regimen. Here are some quick and easy ways to incorporate exercise into your busy week:

**Treadmill, Stationary Bike, or Stair Master:** These options are ideal if you’re really pressed for time. Take a study break and spend 20-30 minutes on either of these and watch your stress alleviate enough to go back to studying. You can even bring some homework to read or listen to while you’re doing any of these!

**Walking:** Centenary has a gorgeous campus, so take some time to explore it while listening to your favorite music. Many underestimate the positive effects on your body and mind just from taking a brief walk. 20-30 minutes of this is just as effective as any other form of exercise. If it happens to be raining or chilly one day, use the track in the Fit.

**Yoga:** Just like walking, people often underestimate the benefits of

yoga for your body and your mind. If you don’t know how to do yoga by yourself, no worries! The Fit usually offers a yoga class a couple times a week. But if you’re self-conscious about contorting your body in front of people, then search full yoga tutorials on YouTube for any level: beginner, intermediate, or advanced. Roll out a mat in your room and follow a tutorial for half an hour!

**HIIT:** This stands for high intensity interval training. It’s very effective for quick strength and muscle gain or weight loss. 15-20 minutes of this can be just as effective as an hour long, slower workout. Instagram is useful for quick tutorial videos of HIIT (plus directions and how many reps to do for each move) from various fitness bloggers. You can also look for HIIT tutorials on YouTube. Set up in one of the rooms in the Fit and see if it works for you!

There are numerous restaurants with healthy (but still delicious) options in Shreveport as well as a variety of ways to stay fit—or to just clear your head—at Centenary. It takes dedication, but if you’re a college student, the dedication is already there. If you’re dedicated enough to survive four years of constant assignments, then you definitely have the dedication necessary to maintain a healthy lifestyle. Just take that first step.



Photo by THE 5TH on Unsplash



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Email [cconglomerate@gmail.com](mailto:cconglomerate@gmail.com) for more information

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# The Conglomerate

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## The Spook Around Town

Fun activities in the Shreveport area  
this fall. - **Page 9**

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### Halloween Campus Activities

Get ready for Freak Week hosted by RHA. The organization has Halloween themed activities planned for the week of the holiday.

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### Convocation Speech

Read a short segment of Andreas Ekstrom's speech he had planned to read for Centenary's President's Convocation.

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### Soccer Season So Far

Catch up on how the Ladies and Gents soccer teams have performed so far this season on the field.

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# NEWS

## Halloween Campus Activites

Article by Lily Ann Easley

Get ready for Freak Week with Hall Council and RHA! Freak Week starts Monday, October 28th and ends Thursday, October 31st! One of the first events will be Reverse trick-or-treating! This event is nothing to fear, Hall Council and RHA members will be knocking on peo-

ple's doors to offer them Halloween treats. RHA has taken on a new program endeavor this year with the RHA Haunted House! Each room will have a new horror waiting around every turn, so come ready for a fright! Every year the North and Southside Hall Councils put on an events for

residents to get into the spooky mood. The Hardin/James/Sexton Hall Council will be doing their second Halloween Fashion Show! Come dressed in your most ghoulish clothes and strut your stuff down the black catwalk. Cline/Rotary's Hall Council is doing another "Ghost

Stories in the Courtyard" which features plastic flickering candles, s'mores, and creepy, crawly stories from faculty and peers. Find out more about Centenary's resident ghosts across campus and all their weird encounters! Whether you are into haunted houses, ghost

stories, or just the amazing costumes, there will be plenty of options around campus to get into the spirit. From Monday, October 28th to Thursday, October 31st each of these events and more will be taking place across campus. Keep an eye out for more information. See you soon!

## The Centenary College of Louisiana Press

Article by Callie Fedd

Most major research universities in the world, like Harvard, Yale, and Princeton, have their own presses where they publish scholarly and creative work. What many people don't know is that Centenary can be counted among their ranks. For the last twenty-five years, D. A. Kress, Chair of the Foreign Language Department, has directed the award-winning Centenary College of Louisiana Press. Beginning in the 1990s with the publishing of the only French-language newspaper in the United States, Le Tintamarre (which is created and still published by Centenary students with Kress's supervision), the Press has evolved into a publishing house focusing on American literature written in French. Under its two primary imprints, Les Éditions Tintamarre and Les Cahiers Du Tintamarre, the Press has produced nearly seventy different volumes. Les Éditions Tintamarre is a peer-reviewed scholarly imprint focused on re-discovering literary works written (primarily) in French by Louisiana writers, largely from the 19th century, for use in classrooms across the country. Les Cahiers du Tintamarre is the imprint normally used for more contemporary creative writing

(often in Louisiana Creole French) without any scholarly apparatus. Through Kress's leadership, south Louisiana poet Kirby Jambon, received in 2013 the Henri de Régnier prize from the Académie Française for his poetry collection, Petites Communions, published by Centenary's Press. (Kress himself received in 2011 the Humanist of the Year award from the Louisiana Endowment for the Humanities for his work with the Press and Louisiana's Francophone community.) This past spring the Press added a new English language imprint, The Storyport Press @ Centenary College of Louisiana, to be directed by editor-in-chief and English department chair, Jefferson Hendricks. When asked about the goal of The Storyport Press, Hendricks explained: "We have started Storyport as a teaching press that will produce a wide range of books used in classrooms and, more broadly, for Virginia Woolf's 'Common Reader.' We are very excited that students will be able to work on each book we produce and learn a great deal about every level of book and magazine design, editing, and marketing. Students interested in writing and publication will now have

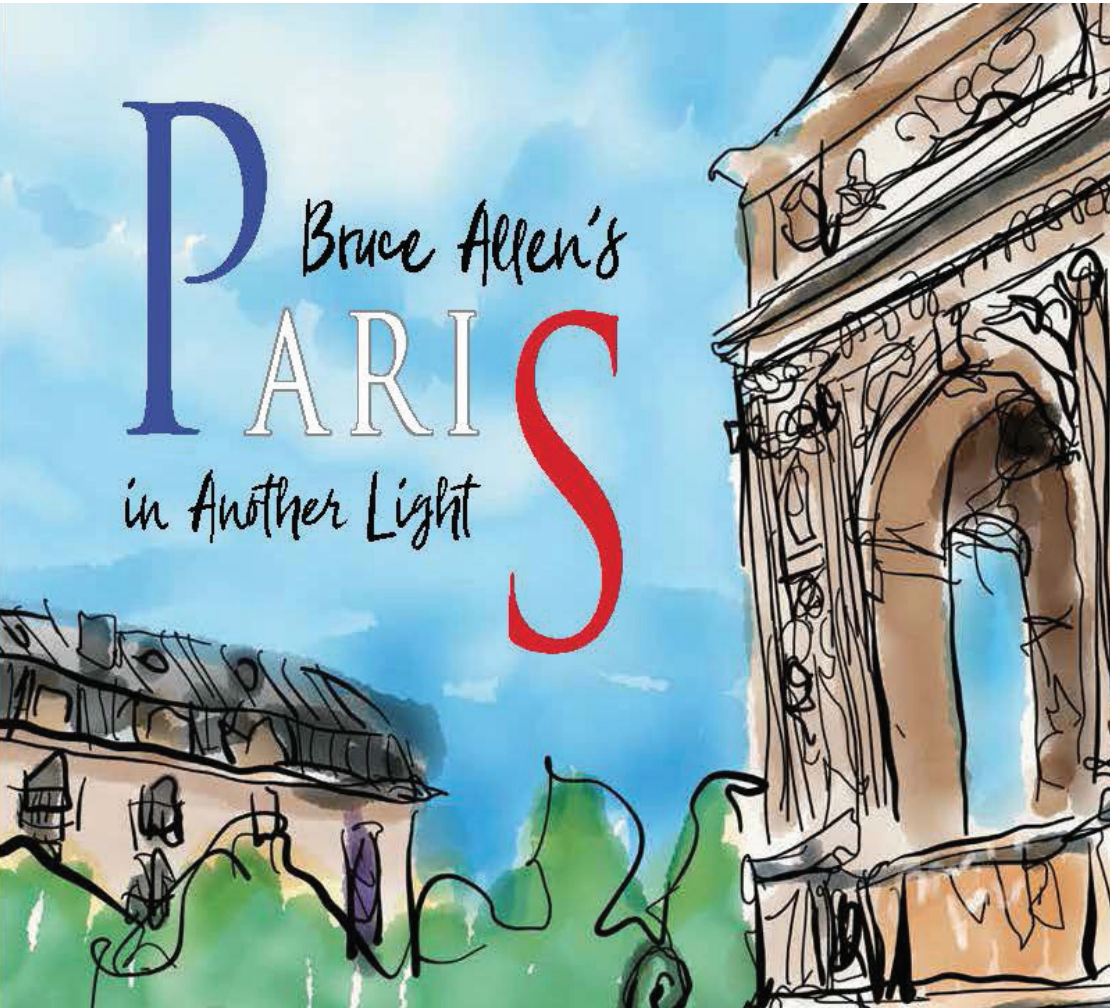


Photo courtesy of The Storyport Press @ Centenary College of Louisiana Press

an English-language imprint on which they can gain practical experience that will help them in graduate school and in a wide range of professions." Two books have been published since this past May under the Storyport imprint; Bruce Allen's Paris in Another Light, and Jack London: Stories for all Seasons. Several other books are currently under consideration, including a second volume of Jack London's stories to be edited by Professor Emeritus Earle Labor of the English department and the world's leading

expert on Jack London. Another publishing venture associated with The Storyport Press will be a new literary and cultural journal: The Catahoula Review. This will be a national publication (issued twice a year) dedicated to showcasing original and exciting writing in a wide range of genres. The first issue of this journal will be published in the Spring of 2020; it will contain poetry, fiction, creative nonfiction, and book reviews. The important thing about all of the publishing ventures coming to

campus is that they are very student-centered and will give Centenary students the chance to translate their liberal arts education into practical professional skills. Select students will have opportunities to serve on the editorial committees, receive credit as assistant editors, as well as serve in student internships designed to help students with future careers in editing and publishing. Students who are interested in learning more about the Press should contact Professor Kress or Professor Hendricks.





# Engage

Article by Abigail Moody

For my entire time at Centenary, student organizations have had access to OrgSync for maintaining their roster, posting events, and sharing photos and documents. OrgSync’s functionality was actually pretty amazing, but unfortunately, it was only used for forms and homecoming rosters. Now, OrgSync is gone entirely. The company behind OrgSync was bought out by Campus Labs, so we have now transitioned to using their site Engage.

Engage has many of the same features we are accustomed to from OrgSync. Organizations can still publish events, documents, forms, and photos, but there are many advantages to Engage’s functionality. It’s intuitive design makes it

easier to use. One major bonus of Engage is that it is formatted to work the same in both desktop and mobile settings. This makes it easy to explore and manage organizations using your phone which OrgSync did not allow for. Engage also does a much better job at pushing your events out to the general student body so that everyone sees them.

Engage is divided in two based upon what you’re currently doing: Explore and Manage. The Explore side is where you end up when you first log in. Your homepage shows you all of your current memberships, upcoming events on campus, and the latest news. From there, tabs let you search through upcoming events, organizations,

news articles, and forms. The Events tab even lets you filter by themes such as “Arts & Music” and “Athletics” or by perks like free food. If an organization has a form for you to fill out, you can find by searching on the Forms tab, and important forms will be pinned to the top of the list. This way, you no longer need to go to an organization’s page to find their forms.

The Manage side can be reached by clicking the button next to your profile photo. Katherine Shamburger said that this part of Engage will be officers’ and advisors’ new best friend. The Manage page for an organization lets you manage your roster, submit events, upload documents and photos, and create forms and

elections. Depending on your position within the organization, you will have different access to all of these features.

Katherine Shamburger’s main advice about Engage was, “The more people who use [Engage], the more useful it will be.” Her other advice was that Engage is significantly more photo heavy than OrgSync was. It’s important to add your own photos to events because otherwise Engage will use its own defaults, which may not be what you’re going for. Uploading recent photos to your organization’s homepage and having a profile photo can also do a lot to make your homepage more engaging.

As I have continued to become more familiar with Engage, one inter-

esting quirk I’ve noticed is that you can choose to hide yourself from appearing on an organization’s public roster. This setting, which can be found under your profile’s privacy settings, is the default, so many organizations have rosters which are completely hidden from prospective members.

Engage has a lot of features and functionality to discover, so it may be overwhelming at first, but the new platform seems to have a lot of potential for growing organizations. Officers who missed the offered training sessions can meet with Katherine Shamburger or Emmanuel Simms to receive individual training on using Engage.



# OPINION

## Are You Tired Yet?

By Callie Fedd

December 14, 2012. The monster was a twenty year old, white, male with a gun and a ‘propensity towards violence. He planned and carried out an attack on the Sandy Hook Elementary School, where four hundred and fifty-six children were enrolled in kindergarten through fourth grade. That day, the monster killed twenty-six people and injured two. Twenty of the victims were children, between the ages of six and seven, and six were adult staff members. Among them were: Jessica, a six year old little girl who had told her mother the morning of the attack of how excited she was to sell Girl Scout cookies in January. Noah, a little boy who had only recently celebrated his sixth birthday at the end of November with his twin sister; his twin survived the attack. And Victoria Soto, a first grade teacher who hid her students before placing herself between them and the monster; she was posthumously awarded the Presidential Citizens Medal. The monster committed suicide to avoid facing any form of justice.

September 16, 2013. The monster was a thirty-four year old Navy man with a gun and a grudge. He planned and carried out an attack in the Washington Navy Yard. That day the monster killed twelve people and injured eight others. All of the victims were either civilian employees or contractors. Among them were: John R. Johnson, a seventy-three year old man who was dedicated to his work and his family; he had four adult daughters, he was the step-father to four more children, and he was a grandfather to ten grandchildren. Vishnu Pandit, a sixty-one year old man who was married with grandchildren; his

neighbors all espoused his big heart and his numerous acts of kindness. And Mary Francis DeLorenzo Knight, a fifty-one year old woman who worked as a computer specialist and an adjunct professor; she had recently attended one of her daughter’s weddings. The monster committed suicide by cop to avoid facing any form of justice.

June 17, 2015. The monster was a twenty-one year old white supremacist with a gun. He planned and carried out an attack on the historic Emanuel African Methodist Episcopal Church. That day the monster killed nine people and injured one other. All of the victims were African-American

churchgoers who had welcomed the monster to participate in their Bible study; he started shooting during prayer. Among the victims were: Sharonda Coleman-Singleton, a forty-five year old mother of three, a reverend, and coach for the local high school’s track team. Cynthia Hurd, a fifty-five year old who had worked at the public library for over thirty years. And Tywanza Sanders, a twenty-six year old man that had recently graduated from Allen University; Tywanza died stepping between his eighty-seven year old aunt, Susie Jackson, and the monster. Tywanza was the youngest victim and Susie the oldest. The monster fled the scene but was later captured by the police, and is now serving nine consecutive

life sentences. June 12, 2016. The monster was twenty-nine year old man with a gun and a lot of hatred. He planned and carried out an attack at Pulse, a gay nightclub. That day, the monster killed forty-nine people and injured fifty-three others. Pulse was hosting “Latin Night” and many of the victims were of Hispanic background. Among them were: Paul Terrel Henry, a forty-one year old man who loved to dance and was great at pool according to his boyfriend; he had two children and his daughter recently graduated high school. Jonathan Antonio Camuy Vega, a twenty-four year old man who worked on the television show La Voz Kids and was a part

of them having gunshot wounds. It is the single deadliest mass shooting in American history in terms of people massacred. Among them were: Angela Gomez, a twenty year old woman who was the youngest victim; she was a nursing student and had spent months planning the trip with her high school sweetheart. James “Sonny” Melton, a twenty-nine year old man that was at the concert with his wife; when the shooting started his first instinct was to protect his wife. He was a registered nurse in their home state of Tennessee. And Patricia Mestas, a sixty-seven year old woman and the oldest victim; although she was the oldest her family spoke about how

was part of the JROTC program and was buried with full military honors for his heroism. Meadow Pollock, an eighteen year old senior girl who body shielded fourteen year old freshman Cara Loughran; the monster sought them out and killed them both. And Chris Hixon, the forty-nine year old athletic director who, after hearing the gunshots, ran towards the source in order to help students flee. The monster was caught by police and has been charged with seventeen counts of premeditated murder and seventeen counts of attempted murder.

August 3, 2019. The monster was a twenty-one year old with a gun an inflated sense of self-worth. He planned and carried out an attack on a Walmart in El Paso, Texas. That day the monster killed twenty-two people and injured twenty-four others. The monster targeted the Walmart because the city was populated predominantly with Hispanic people. Among them were: Jordan and Andre Anchondo, a twenty-four and twenty-three year old married couple that was out shopping for school supplies; they were the parents of three children and died protecting their newborn son that was out with them. Jorge Calvillo Garía, a sixty-one year old man from Mexico who was in El Paso to visit his son Luis and granddaughter Emily; he was helping them raise money with Emily’s soccer team outside the store and died shielding the girls. Raul and Maria Flores, a couple of seventy-seven year olds that had been married for sixty years; they were only at the store to buy air mattresses for their visiting relatives. The monster was arrested and charged with capital murder.

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“I know that Americans are killing Americans with weapons we manufacture.”

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of the National Association of Hispanic Journalists. And Akyra Monet Murray, an eighteen year old girl who had recently graduated with honors from the West Catholic Preparatory High School the week before; she was planning to attend Mercyhurst North East on a full basketball scholarship in the fall. The monster committed suicide by cop. October 1, 2017. The monster was a sixty-four year old man with a gun an inflated sense of power. He planned and carried out an attack on a Jason Aldean concert at the Route 91 country music festival in Las Vegas, Nevada. That day, the monster killed fifty-eight people, injured eight hundred and fifty-one others with four hundred and twenty-two

young and free-spirited she was at heart. The monster committed suicide in order to avoid facing justice. February 14, 2018. The monster was a nineteen year old with a gun and a desire for notoriety. He planned and carried out an attack on Marjory Stoneman Douglas High School, where students were enrolled in the ninth through twelfth grade. That day, the monster killed seventeen people and injured seventeen more. Fourteen of the victims were students between the ages of fourteen and eighteen, and three were adult staff members. Among them were: Peter Wang, a boy that was only fifteen years old but held the doors open so other students could escape even while he couldn’t. Peter



Are you tired yet? Because I know I am. I am tired of bloodstained crosses. I am tired of starting each school year with the expectation of more school shootings. I am tired of seeing more pictures on the news of people mourning the loss of life and innocence.

I am tired of fear and I am so very tired of death.

The tragedies listed above don't even begin to encapsulate the sheer amount that has actually occurred. There were so many more that I couldn't possibly list them all. All still within the range of 2012 to 2019. If these massacres make a long casualty list, multiply it by five, by fifty, by five hundred. Because if the total number of casualties of gun violence isn't there yet, it will soon get there.

Do you feel it? The sense of being 'marked'?

Many Americans like to say that the events of September 11, 2001 is what shattered their sense of safety. It was the first time that they'd

ever consider being attacked from outside forces on their own soil. But as someone who was barely over a year old when '9/11' happened, someone who has never really remembered living in a world without it, 9/11 didn't mean the same to me.

Instead it was the events of Sandy Hook. I was twelve years old, going on thirteen, and my middle school principal called an assembly in the gymnasium, where grim faced administration staff faced us and told us in soft terms about what had occurred in a nameless elementary school in Connecticut. They told us about how horrible it was, but of course it wouldn't happen here - it wouldn't happen to us. Then we had a moment of silence and all I could think about was my eight year old little sister, sitting in her third grade classroom, and how she was older than most of those victims but how she was still a baby. Even at twelve, I was still

a baby. So what on earth could those little ones have ever done to deserve being murdered in their classrooms?

I've grown a little bit since then, and yet they still keep coming. And the worst part is, although I am always, always sad, I am never shocked. With Sandy Hook and Las Vegas and El Paso, it keeps escalating and spreading, the casualty rates keep rising and no one is safe. There is nothing safe, nowhere sacred, nowhere off-limits anymore. At any point in my day, no matter where I am, there is a permanent mark on me with the idea that this moment I am in could be the last I ever have. And my face will become the next one, in a long string of others, plastered on the nightly news.

Unless something is done, because this has to be stopped.

The prayers and condolences and the sympathy posts on social media are nice but they're not going to change any-

thing. I know the question that comes next - what do you suggest? I have no delusions of grandeur in my own intelligence. Quite honestly, I wish I did but I don't have a simple solution. I know what I know and that is: Video games didn't murder twenty-six people in 2012. A mentally ill person was still rational enough to plan his killing spree in 2015. While bumpstocks were banned after 2017, twenty-two people still died in a Walmart in El Paso, Texas in 2019.

I know that Americans are killing Americans with weapons we manufacture. And the solution to this isn't flooding the world with more guns, arming teachers and the elderly. It seems simple that, at least for now, we'd restrict access to these deadly commodities.

It's 2019, stop defending the right to bear arms and start taking care of the people that are here and dying because of your greed.

# 100 Word Rant

By Abigail Moody

Centenary has an abundance of student organizations, especially considering our size. Of these, some stand above as the "Big Three." Everyone should know what SGA, CAB, and RHA do, but RHA often falls by the wayside. RHA serves as important student liaisons to Res. Life and has recently made important recommendations against triples and about Rotary singles. They also provide fun programming like RHAffle. We're a residential campus, so our Residence Hall Association has major importance as the student government within the residence halls. RHA is working hard to grow, but it's time for students to take all of the Big Three as serious equals.

## Convocation Speech

By Andreas Ekstrom

Swedish author and TED speaker Andreas Ekström was supposed to be our guest at the President's Convocation – until he fell ill and had to spend a few days in the hospital instead. The Conglomerate is able to publish a short segment of the ending of the speech he had prepared for us – the life advice part, directed at the freshmen. To hear his thoughts on the digital future and society and the work we have cut out for us as young academic students with high ambitions, we will have to wait for his return.

Friends, today is a day to celebrate the year that lies ahead, with old friends and new.

And you watch out as you do that, by the way. Don't let anyone sit lonely in a dorm room today. Make sure you are together, and let that be a starting point for a strong social commitment to your friends here and elsewhere: Make your new homes open to friends and family. Some of you might have to struggle for a few years to make ends meet – but these people who love you and want to spend their time with you won't judge you on the odds and ends you pull out of your cupboard. You will

always have tea or coffee and some biscuits and jam – some small offering to bring you all together. What else do you really need?

And more: Someone drinks too much? Get in there. Tell them. Take their car keys and the cursing out that is likely to come with it. Someone shows signs of depression? Insist on them seeking help. Walk with them to the counsellor.

Someone lost a loved one at home? Offer to drive them back. And don't offer to cook for them, just... cook for them. A simple peach and apple cobbler with vanilla ice cream has never done any harm.

Don't think that you might be bothering a person who is in a difficult place and that they are better off left alone somehow. That is almost never the case.

Yes, we need to be private sometimes. We need to respect privacy. But we also need to recognize when it is time to get in there.

Don't be scared. You will know which is which.

Our future starts right now. You will go out there and build it, supported by the immense resources available for you here at Centenary. You will insist on the power of great questions and open minds, you will refuse to partake in a



Photo by Centenary Marketing & Communication

black and white world, and you will remember this: Anyone who claims to have a simple solution to a difficult problem is a liar.

These are times for serious people addressing serious issues. This is the time to pull yourself up by the bootstraps every

morning and challenge yourself to yet again be wise beyond your years.

That's why you're here. Don't settle for less.

I can't wait to see what you will do in this world.

andreas@andrasekstrom.se



# OPINION

## My Degree Isn’t Useless

By Callie Fedd

With the advent of modern technology comes the push of STEM driven fields. For those that don’t know, S.T.E.M stands for: Science, Technology, Engineering, and Math. The acronym S.T.E.M has become an umbrella term covering careers in computer sciences, space exploration, and the entire medical field. Recent years have seen a noticeable public push to encourage participation in studying STEM fields and a transition into active careers. While this encouragement has helped to improve issues like gender equality and an increase of pay raises in the fields, it has come at the cost of another realm of study.

On the scale of academia, STEM related fields seem to be directly opposite to the fields collectively known as the humanities. Like the acronym STEM doesn’t directly address every field that falls within, most people who use the term “humanities” don’t realize all that falls within the umbrella term. While the humanities does mean art, English, communications, religion, and philosophy--the humanities, in reality, means so much more. It’s this level of ignorance towards what the humanities are and their importance that has allowed the current push of dismissing them. For those that haven’t been affected by this casual

disregard: the attitude towards the humanities is a made-up concept, but chances are that those in the studies have experienced some form of this.

In March of 2018, University of Wisconsin at Stevens Point planned to address “fiscal challenges” by expanding some academic programs and discontinuing others. A polite way of saying that they planned to expand programs with “necessary careers” such as computer information systems, finance, conservation law enforcement, and chemical engineering; while cutting programs that led to “non-essential” careers such as art (excluding graphic design), French, geography, English (excluding teaching certifications), music literature, philosophy, and many more. After extreme backlash from students, faculty, and community members, they announced in April of 2019 that they were dropping the plan.

In April of 2018, the University of Central Missouri proposed to deal with their shrinking budget by moving the classes offered by the College of Arts to the College of Education--with the result of permanently eliminating the College of Arts. That would mean laying off a dean and five department chairs, as well as severely weakening the standing of the humanities and

social science courses. They’ve since considered a “different kind of reorganization” when public outcry increased, but the affected divisions will still be the humanities.

And in August of 2018, the University of Akron announced that it was ending eighty degree tracks. Among them are the bachelor’s degrees in Art History, French, and geography. They claimed their decision was based off the enrollment numbers in the programs and the number of conferred degrees. It’s a strategic decision to cut their perceived weaknesses and invest their time in their strengths such as cybersecurity and nursing. While some institutions have abandoned their plans, others have edited theirs, and even more have proposed new ones in the intervening months. The breadth of these instances were meant to convey that when in doubt, the first to be threatened is the humanities. Because they are seen to be of lesser importance than fields such as the hard sciences.

No one will ever say that studying--medicine, engineering, computer science--is unimportant. A student majoring in medicine will never be told that the career field they want to pursue is pointless and that their degree is useless. Instead they’ll be supported, encouraged, and even admired for the career they want to dedicate

their lives to. Meanwhile humanities majors are frequently told to “have fun bussing tables for the rest of your life.” And if not that, then they are told that the only field they could possibly consider is going into teaching.

There are more career paths for us than just teaching.

Graduates with bachelor’s degrees in philosophy can go into fields ranging from public administration to journalism. Those with a degree in art can go into interior design, advertising, and art curation; in the right position they can sometimes make more money than doctors and lawyers. People with degrees in French or Spanish can go into everything from culture/tourism to positions in government. And many times humanities majors are the ones populating law schools, defending business corporations, and prosecuting bad guys. In truth, liberal arts and humanities degrees teach the required skills that allow students to utilize them in numerous fields.

Regardless of if they’re transferable into the career field or not, why should students have to justify what they’re choosing to study? Sometimes an art major is studying art because they want to be an artist, a music student is studying music to better their performances, and an English major is studying

English because of their dreams of becoming an author. There are people that want to create art for the world, and I can guarantee you that the majority of the time they know their odds at becoming wealthy from it. Still, who are you to demean their desires to make art?

As slim as the odds are for most, if everyone stopped studying these fields and stopped trying for these jobs so much of the world would shrivel up and die. There would be no more photography, no more paintings. There would be no more sports-casting and weather forecasters. There would be no more new music on Youtube. There would be no more literature. There would be no more Hollywood, because there would be no more television and movies. While doctors, nurses, cyber engineers, and astronauts are vital to health and safety in the world; art, and everything that it encompasses, is vital for our sanity.

In choosing to study the humanities, you are choosing to go into programs that will teach you comprehensive writing skills, analytical thinking, and about human beings. In studying the humanities, you are studying the intricacies of human interactions, dynamics, and emotions. You’re studying human connection, and don’t ever let anyone tell you that that’s not important.



Photo by Alexis Brown on Unsplash



# SPORTS

## Lacrosse Season 2019-2020

Article by Sarah Dant



Photo courtesy of @gentslacrosse

Centenary is always growing and changing, and the organizations within Centenary are always growing and changing as well. Lacrosse is one of the newer sports at Centenary, as it is now starting its second season of camaraderie, hard work, and winnings. The team is comprised of 21 young men of all different classes and experience levels. Some have played lacrosse since elementary school,

such as freshman Kyle Ecomi, and some have played since their mid-high school years, such as freshman Chris Dant. However, the differences in experience levels and the leadership from Coach CJ Seling creates a strong dynamic for the entire team, one that will make the sport have lasting success at Centenary. “The way our team and coaching staff operates is very good,” says Kyle Ecomi. “Everyone is

learning together. There isn’t an age gap between the players and the coaching staff that causes discourse. We all get along very well.” Everyone involved in lacrosse is dedicated to making the sport as well-known and long lasting as other teams at Centenary. The lacrosse team meets a couple times a week for classroom sessions—where defensive strategies and techniques are discussed—and practices on the field three days a week to implement the new strategies and techniques. Preparation and practice for the team’s upcoming scrimmage and Spring season are very strict. “The biggest difference between high school and college lacrosse is that it’s much more structured,” says Chris Dant. “We have designated workout pro-

grams, we have a trainer, and we have required study hours. It’s a different challenge every day, but I love it.” As every college student knows, structure in routine and self-discipline are necessary for success, and the same tactics are necessary for the long-term success of the lacrosse team. Despite the strict routine, the teammates still have a lot of fun in their time away from the classroom and the computer. “A plus side [in lacrosse] is that you get to hit people,” says Chris Dant. “You get to hit people with sticks, and that’s always fun. You also get to truck people over. It’s a pretty athletic sport.” Whether you want to watch people get hit with sticks or you want to support a friend, come out to support the lacrosse team this season!

### 2019-2020 Lacrosse Schedule

- October 26, 2019:** Scrimmage game against ULL, time TBA
- February 9, 2020:** Home game against Huntington, 1pm
- February 14, 2020:** Game at LeGrange, 7pm
- February 16, 2020:** Game at Oglethorpe, 1pm
- March 5, 2020:** Home game against Hilbert, 5pm
- March 7, 2020:** Home game against Southwestern, 12pm
- March 10, 2020:** Home game against Marywood, 7pm
- March 12, 2020:** Home game against Franciscan University, 7pm
- March 20, 2020:** Game at Hendrix, 5pm
- April 11, 2020:** Game at JWU, 1pm
- April 18, 2020:** Home game against UDallas, 1pm

## Soccer Season So Far

Article by Lily Ann Easley

Soccer season is in full swing and they are starting off strong! The women’s team is currently undefeated and have broken the women’s soccer record with an impressive 0 losses – 8 wins. The men’s team currently have 2 losses – 4 wins and just getting started! In talking with both teams we can get some insight on how the season is going so far. The Soccer Ladies are all very excited but keeping their eye on the prize. They are determined not to let their wins slow them down any. “I think we are working really hard to keep our winning streak going. But also not forgetting that we still have a lot of things to improve on, like communication and finishing,” senior player Betzabet Bravo Carmona commented. Sophomore Kat Martinez

felt the same saying, “We still have a lot of work to do to continuously get better, but we are definitely going to be a force to be reckoned with this season!” The team mentioned that they had a number of new players join this year, which is always a learning curve as the team changes, but through training and their preseason in Orlando, Florida the team has bonded fast. “This trip also allowed us players to get closer together which in turn has helped us connect together on the field,” sophomore Veronica Dougherty said. Junior Maggie Pitcher says, “As a team we are very close and we have maintained a positive mindset which I think is a key factor in this early success.” New dynamics are good for the whole team, junior Pamela Fonseca shared, “The

team chemistry is amazing and I love how we’re are always encouraging each other. Everyone is working out on the field and we keep our heads up.” Hopefully with such enthusiasm from the ladies, everyone will feel the excitement for this season! The Soccer Gents are also excited about their new players and even hoping that with their fresh face line up “every team we play this season will underestimate us, which contributes to our foreseeable advantage,” junior Greg Petreas shared. Sophomore Sami Borchalli added, “Our young guys have stepped up big time in their first couple of games, scoring some huge goals and making key tackles.” Senior Jeff Mallernee said, “All of the returners including myself have raised our level of

play because of the level of the freshman coming in. It creates a positive/healthy competition between us all.” The Gents are very proud of all the work they have put in and the season is just ramping up! Senior Scott Halper shared, “Our main goal is to make it to the conference tournament and I think we have a good chance at accomplishing that so long as we keep fighting hard in practice and playing together on game-days.”

With high spirits and great goals, the gents seem to be right on track! Soccer still has home games this season. “I am as enthusiastic about our upcoming season, as is every fellow Centenary Soccer player to the right and left of me, and I can’t wait for what’s in store for us,” said Greg Petreas. Maggie Pitcher said, “This is going to be really big year for us as a program and we can’t wait to show y’all what we can accomplish.”



Photo by Centenary Marketing & Communication



# LIFESTYLE

## Tina and the Ghosts of Centenary College

Article by Melissa Sisemore



Photo by Neven Krcmarek on Unsplash

*The overhead light flickers. Then it stops. The James Annex dorm room is plunged into darkness. A coldness pervades the room, even though the A.C. isn’t blowing. Footsteps sound on the stairwell just outside. Then, just as suddenly as the footsteps started, they stop. The overhead light comes back on. “Is anyone there?” You call. No sound. You poke your head out of your room. There’s no one on the stairwell. If they’d gone back up the stairs or come into the hall, you’d have heard them. It’s as if there was never anyone there at all. You head back into your room. That’s when you see it. Written on the ceiling above your bed is a name. Tina.*

*It’s three a.m. in Cline dormitory. Only the resident assistants are living here right now. Suddenly, a resident assistant hears a tapping sound on her*

*window. “Cut it out!” She yells, thinking it’s her friend, who likes to tap on her window when he walks by. The tapping stops. The next morning, she confronts her friend about the tapping. “I never tapped on your window,” he says.*

*A single light illuminates Marjorie Lyons Playhouse. The students call it the ghost light. They always leave one light on inside the theatre. They say if all the lights are off that the ghost of Joe Gifford, the first director of Marjorie Lyons Playhouse, will appear.*

Those of some of the stories students at Centenary might hear about spooky occurrences. The campus has long history. It is over a hundred years old, so it’s not surprising that there are ghost stories going around. James Annex was built in 1954 and supposedly, it is haunted by a ghost

named Tina. According to Katherine Shamburger, Assistant Director for Residence Life and Centenary alum, the story started when she was a student. She had friends who lived in there, who would routinely tell her that their room was haunted. Their evidence was that their overhead light would flicker randomly (maintenance requests were put in, but Facilities couldn’t find an issue with the light), they would get cold spots in their room (and not just under their A/C vent), and they routinely heard footsteps on the stairwell next to their room that didn’t seem to have any source. Years later, a resident assistant in James Annex mentioned during RA training that he thought that his room was haunted. At this point, she hadn’t told him anything about the

room supposedly being haunted, but he actually lived on that same side of the Annex and on the same floor as the haunted room. The RA named the ghost Tina because apparently at one point he found that name written on his ceiling. Supposedly, the name “Tina” started appearing on posters in James Annex. Additionally, a student who formerly lived in James Annex, claims that Tina sometimes slept in her roommate’s bed. She’d hear something rustling around in her roommate’s bed late at night, when her roommate was out of town. Shamburger says that “to this day students and RAs will tell [her] that they think Annex is haunted.”

Cline Dormitory, on the other side of the campus, was built in 1963. Its ghost story starts in the early 2000s

and takes place in the basement. The basement used to house student rooms, but don’t anymore because of new fire codes mandating that bedrooms must have windows that someone could escape from in a fire. Some of the rooms have windows, but not all, so the rooms were converted into storage. Due to the way Cline was built, parts of the basement are visible from ground level. A few grimy windows are visible, including the window of the haunted room. When it was still used as a dormitory, a student went to sleep one night and didn’t wake up; he apparently had an undiagnosed heart condition. After his death, people started to notice weird things happening in his room, which was located in the corner of the basement, and in the



rooms above it. Shamburger says she has “had students come up to [her] and mention that they have heard voices or what sounds like a TV playing in that room.” She’s also heard noises in the summer when she’s the only person living there. Four years ago one RA, had an experience in Cline that she related to Shamburger:

It was her first year on staff and she and another RA would acknowledge each other during training by tapping on their windows as they walked by. One night, the RA woke up at three am to the sound of someone tapping on her window. She yelled at the other RA to go back to bed and

then she herself fell back asleep. The next day, she confronted him about the tapping and discovered that he was not responsible for it. She also found out that he had also woken up at three am to a feeling of dread. They never discovered who actually tapped on her window that night.

Additionally, a student living at Cline mentioned that she always felt like someone was watching her in her room, even though she lived alone. As she was telling her story, Shamburger realized that her room was actually directly above the room where the student had died in the basement.

Far away from Cline

is Marjorie Lyons Playhouse, built in 1957. There are many stories surrounding the theatre. In 2006, the Conglomerate ran a story entitled: “Marjorie Lyons Playhouse: Haunted!” The article claimed that a light always stayed on inside the theatre to ward off ghosts. Supposedly, strange figures have been seen lurking on dimly lit catwalks and backstage nooks and crannies. Joe Gifford, the theatre’s first director, has been spotted watching from his usual spot in the auditorium where he conducted rehearsals, when all the lights are off. Currently, the legend is that there are three ghosts, including

Joe Gifford, haunting the theatre. Supposedly, the ghosts don’t like the Department of Public Safety. The story goes that DPS won’t do rounds in the MLP alone because Joe has thrown power tools at them in the past. There have been various light malfunctions and unexplained phenomena as well, such as when an unplugged strobe light started glowing.

But James Annex, Cline Residence Hall, and Marjorie Lyons Playhouse aren’t the only unusual places on campus. Rumor has it, the fourth floor of Mickle Hall is haunted as well. The fourth floor is a windowless attic now used for storage that once housed the

choir loft. In 1983, the loft caught on fire. No one died, but the choir loft was destroyed. They repaired it though, and it continued to be used by the choir until 2002, when they moved to the Anderson Choral Building. Perhaps, the fire is the cause for the haunting. Whatever the reason, it makes for an interesting tale.

If you would like to hear more campus ghost stories check out Ghost Stories in the Courtyard, an annual program that Cline/Rotary Hall Council puts on, where they make s’mores and tell ghost stories. It will be on Halloween night this year in the Rotary courtyard.

# The Spook Around Town

Article by Makenzie Boucher

Can you smell the pumpkin spice oozing out of every crevice? Yes, it’s that time of the year. We have finally made it to the beloved spooky time. It’s Halloween season again. So, grab your pumpkin spice latte and cozy up in bed and watch a spooky movie. Or, better yet hit up the town for Halloween and Fall themed activities.

The Shreveport/Bossier area has a variety of activities to do during this time of warlocks and goblins, from pumpkin patches to haunted corn mazes. If you have been looking for some fun activities to do in October look no further. Within this article, every spooky

and fun activity within the Shreveport/ Bossier area will be highlighted.

Let’s start with the wholesome and less spooky activities such as the pumpkin patches offered at St. Luke’s and Provenance. St. Luke’s pumpkin patch opens October 2nd- 31st and Provenance pumpkin patch opens October 1st-30th. St. Luke’s has been in action since 1990, and Provenance has only been open for a few years but offers many activities in the patch from movie nights to donuts and crafts.

Pumpkin patches are a must in October, but we are all here for the spook. So, let’s turn our

attention to the spookier activities offered in October, such as the haunted corn maze, haunted municipal auditorium tours, and last but not least the Monster Ball. The corn maze opens September 22nd and offers not only spooky mazes but also plain mazes for those who don’t like the scare. The prices start at \$12.80 for the non-haunted maze and \$25.61 for Fright Nights (haunted) maze. If you are in the mood for some more spooks you can hit up the Municipal Auditorium located in downtown Shreveport.

The Municipal Auditorium is one of Shreveport’s most iconic land-

marks, a place where Johnny Cash and Elvis Presley took center stage. This landmark is also said to be one of the most haunted buildings in the Arklatex. So, it is only fitting that they offer haunted tours during October. There are five nights offered: 4th, 11th, 18th, 25th, and 31st of October. Tickets are only \$20 a person, so don’t miss out on the opportunity to be scared and educated on the history of Shreveport.

For people who have a little money to spend, the Logan Mansion is putting on a Monster Ball. This Ball will take place on October 25 at the Logan Mansion in the

historic Highland neighborhood. The tickets to attend are \$125, and all the proceeds go to the restoration of this iconic Mansion. This event will be fun and helpful to the maintenance of this great Shreveport mansion. Hurry if you are interested in attending because the tickets are going fast.

The month of October is a busy month for the Shreveport/Bossier area. There are many cool events from movies in the pumpkin patches to haunted Shreveport landmark tours. October is full of spooky activities to get involved in, so get busy and get your spook on.



Photo by Marius Ciocirlan on Unsplash



# LIFESTYLE

## There’s More to Do

Article by Callie Fedd

In the endeavor of encouraging campus involvement, Centenary’s small size works against it. While it’s easy to be lost in the crowds at a big school like LSU, it’s harder to hide and be uninvolved at a small school like Centenary, where involvement from nearly every student is necessary. With a list of clubs and organizations ranging from Student Government to anime appreciation, there’s an opportunity for everyone to find their niche at Centenary. In some cases this leads to numerous students overextending themselves by becoming involved in too many things, while others spend their time at Centenary never finding exactly their right fit.

Despite our small size, there are still countless ways to become involved on campus. The most popular way to be involved on campus is to join Greek Life. Centenary has two sororities--Chi Omega and Zeta Tau Alpha--and three fraternities--Kappa Alpha, Kappa Sigma, Tau Kappa Epsilon. They conduct a “rush” session every Fall and every Spring, and rushing is so popular on campus that you’re hard pressed to find someone who isn’t a part of Greek Life. How-

ever, there’s more to do outside of Greek Life on campus.

Two components of Centenary life that people can forget are: Student Government Association (SGA) and the Centenary Activities Board (CAB). SGA is a governmental board that oversees aspects of campus life. It consists of students elected to their positions by their fellow peers. SGA are the ones who represent the student body as a collective; they handle the interface with faculty, staff, and administration. While CAB is similar in that they are a body of students, they are the ones who plan our campus events. Until you’re able to try for either organization, SGA meets every Tuesday at 8 PM in the Whited Room and CAB meets bimonthly on Thursdays in the Centenary room at noon. Even those not on the boards are welcome to attend meetings for both SGA and CAB.

Centenary also has a very active community of social activism clubs; these groups are dedicated to aspects of society that the Shreveport community might otherwise overlook. One of these is the Food Recovery Network. The Food Recovery Network’s goal

is to unite campus dining halls with local organizations to eliminate food waste in the community. They make sure that our food doesn’t go to waste. Anyone is eligible to join this. Another relatively new addition to campus life is the National Organization for Women (NOW), which is a national organization devoted to women’s rights. Our chapter here on campus, headed by President Samantha Hamilton, is proudly intersectional. We also have organizations like the Black Student Union, Multicultural Student Association, and Outreach. Centenary’s Black Student Union (or BSU) is a group of students who promote a safe space to give voice to the different perspectives of the Black community. The work with Centenary’s Diversity Committee to plan Centenary’s annual Diversity Week. The Multicultural Student Association (MSA) is a group of students dedicated to promoting diversity in the community as well. There’s also Outreach, a program that serves as a support system for those who identify as LGBTQIA+ on campus and other allies. Check Engage to learn the respective meeting times of any of these clubs.

A miscellaneous

bunch of activities include Alan’s Hot Tub, the Christian Leadership Center, and the International Student Ambassadors. Alan’s Hot Tub is a student improvisational acting troupe; they perform numerous times throughout the year on campus. The Christian Leadership Center is a program for full-time Centenary students who wish to be more involved with their faith; students can earn credit for participation in the Christian Leadership Center. And the International Students Ambassadors are Centenary students who help ease the transition for incoming international students to campus life and the surrounding community.

An underrepresented portion of campus is the student media. There are three media outlets on campus: KSCL, Pandora, and The Conglomerate. The radio station is run by students and airs on station 91.3, Pandora is a student art source, and if you are reading this then you already know what The Conglomerate is! The radio station focuses on campus issue, Pandora displays student art, and The Conglomerate is the independent voice of Centenary College.

Finally, there is involvement in Residence

Life. The main way to become involved with Residence Life is applying to be a RA (Residential Advisor). Being a RA is also a paying job. But other avenues of involvement include RHA and NRHA. RHA (Residence Hall Association) consists of students representing their resident hall on the council. The council spends their time planning fun things to do with their dorm residents during the year. NRHH (National Residence Hall Honorary) is an honorary council of students who also help in planning fun events, but also put a special emphasis on recognizing people on campus who have made significant contributions to their dorms, Residence Life, and campus involvement.

If none of these clubs should appeal to you, look on Engage for the full list of offered clubs and organizations. If none of those should meet your needs, there is also the option of starting your own. Should you have any questions, make sure to seek out someone on our Student Development Staff. Chances are that if they can’t answer the question themselves, they can point you to someone who can, and they’re always happy to help!



Photo by Centenary Marketing & Communication



# Costly Anxieties

Article by Diane Battaglia



Photo by Sharon McCutcheon on Unsplash

One of the many conflicts we deal with as college students are finances. In highschool, school administrators and our parents highlight the importance of good grades to be equivalent to large sums of money given to pursue education. Well that’s all wrong. We all have had to fight for the money we receive in college either through scholarships, grants, or loans. And we all continue to fight this during our college life, even after. Sometimes the struggle to balance our GPA and a full time job helps us become more responsible, yet there is a high chance that we will all be crossing a stage drowning in some amount of student debt. It seems as if all the stress and hard work is wasted because a great resume with a 3.8 GPA and 5 extracurriculars look amazing on paper. How does any of that help us later?

Even now as college students, we all wonder about how we will pay this debt once we graduate. At Centenary, 68 percent of our stu-

dent body will graduate with some sort of student debt. Sixty-eight percent of us, doesn’t that seem ridiculous? We stress enough with figuring out degree and career paths. Do we really need to worry about debt too? Outsiders inform us about state scholarships, FAFSA, and SNAP benefits, but do they really know the anxiety and struggles we go through for these options? We have all had our share of writing essays or entering scholarship contests, but how many of us have been accepted?

Scholarships aren’t the only finance option that seems impossible to achieve, but also any type of government assistance. FAFSA is our main source for a large sum of money through grants and loans. They make it sound as if they just give it out as if it were charity. This is not the case. We all either have two parents that work full-time jobs, or we have a single parent that does. Great, our parents are working hard to make at least 40 thousand a year.

So our parents’ income is how FAFSA determines our grant or loan money which honestly seems unfair. We always tend to cringe when the time comes around to complete another FAFSA application. Here are a few tips to not drown in our non-existent funding: always make sure to have all information that is required, remember the username and password that we all forget every single year, and get it completed as soon as possible. FAFSA applications will begin around the first week of October and the deadline is on July 1, 2020.

Since some of us do not have the time or a vehicle to maintain a job off campus, we resort to looking at other government assisted programs. Food is a must to surviving life and college so, of course, we look at food stamps. This is a state led assistance for any student who is full-time, who has a work-study job, and who works 20 hours a week. The application can be found on <https://cafe-cp.dcfs.>

[la.gov/selfservice/](https://cafe-cp.dcfs.la.gov/selfservice/). It is pretty simple, except for having to wait for the phone interview. You choose what time of day you are available to do a phone interview and do not miss it because you will have to repeat the process. Unfortunately, if you are given too much of an allowance or have too much in your bank account, then it will deem that you are not qualified.

Unless you’re a math major or perhaps a business major, then you may know some tricks and tips to better finance. Most of us will struggle with our credit, paying back loans, and trying to keep a stable living. But as for as being a college student, there is only so much we can do to receive help. These government assisted programs may result in more anxiety than they should, but they were created to help. As a sophomore who also struggles with finances, I wish you all good luck to better financing. May the odds be ever in your favor.

# Don’t Spread Germs

Article by Vernesha Martin

Fall is finally here! And before we know it, winter will be knocking on our front doors. Which means it is also cold and flu season. Centenary is a small campus and we need to take the health of ourselves and those around us very seriously. According to the Louisiana State Department of Health, the best ways to prevent the spread of illness are as followed:

1. Be sure that you are up to date on your vaccines.
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it.
3. Stay away as much as you can from people who are sick.
4. If you are sick, [avoid going] near other people so that you don’t make them sick too.
5. Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
6. Try not to touch your eyes, nose, or mouth. Germs often spread this way.

Implement these practices in your everyday life! It takes about 21 days to form a habit; get in the routine of these habits in order to preserve your health and those around you. Invest in some over the counter meds, hot tea with lemon and honey to maintain a healthy immune system, and refrain from sharing objects that could have possibly been exposed to bad bacteria. Take care of yourselves and one another.



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# The Conglomerate

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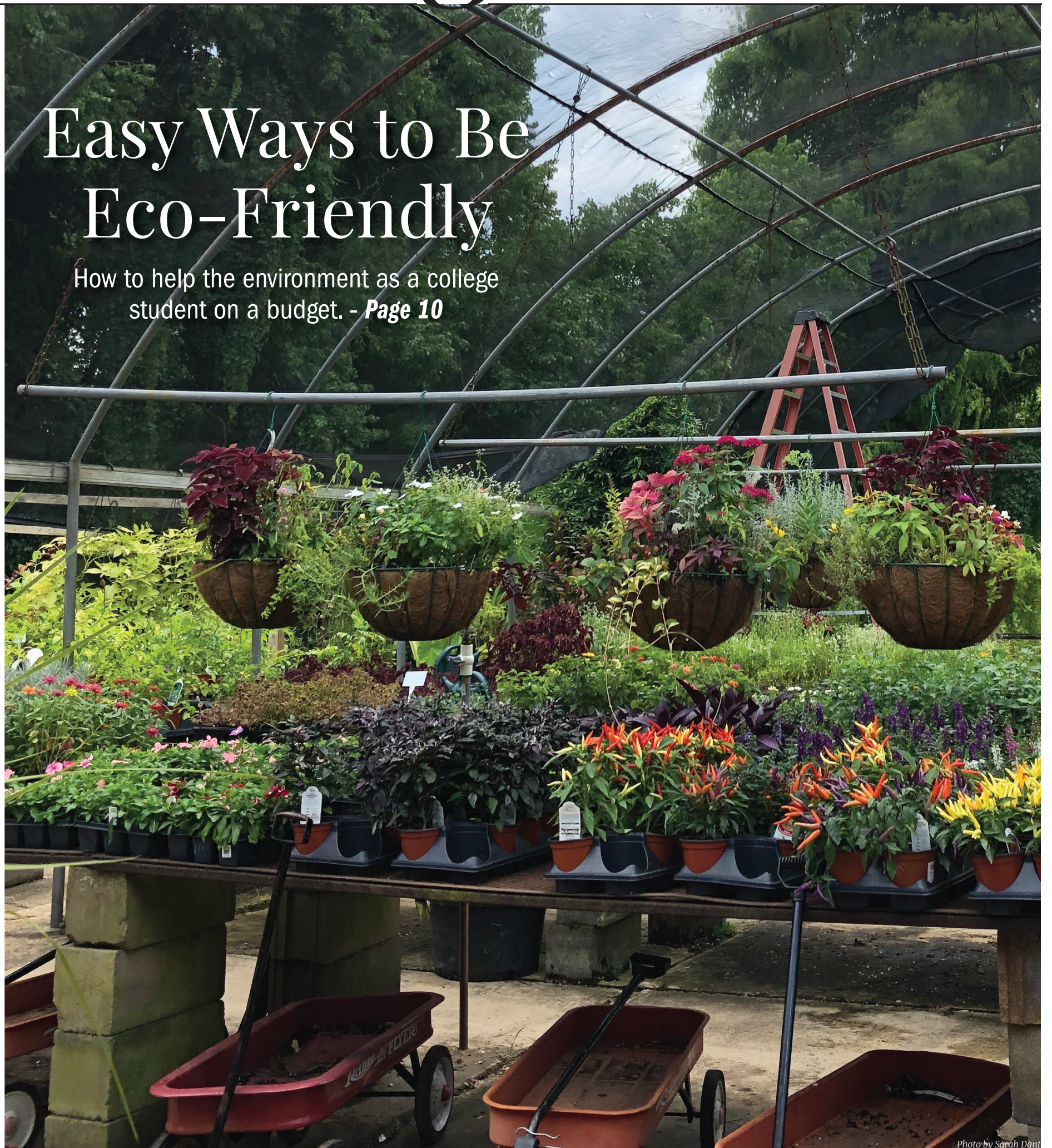


Photo by Sarah Dant



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### Campus Crimes

Last month, Centenary saw an increase in crime on campus. See how the school has and will make campus safer for students.

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### The Green New Deal

Read how different sections of the Green New Deal would affect everyday life and if it is the best weapon against climate change.

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### Balancing Athletics and Academics

An interview with freshman basketball player Gyllian Gautreaux on how she balances practices and games with her school work.

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# NEWS

## SUB Upgrades and Improvements

Article by Lily Ann Easley

The Student Union Building is the best place to play games, take a nap, get involved, and do your work-study (as many students can attest). Not only is the space big and breathable, but it’s filled with small nooks where you can feel comfortable chatting, doing homework, or relaxing before your next class. Emmanuel Sims, the newly promoted Assistant Director of Residence Life and Student Involvement, has been at Centenary for almost two years working on the upkeep and improvements of the SUB as well as being a wonderful advisor for the students who work on the first and second floor.

Emmanuel Sims explained that when he arrived at Centenary “the SUB just got remodeled with the flooring, however, everything else was not up to date. I came in and little by little have been trying to upgrade the SUB, give it a different feel through decorating and buying new equipment.” Sims has been hard at work giving students a new Resource room, remote for the TV, ping pong paddles, pool sticks, and pool pockets – the old ones being “so bad that they had duck tape and birthday balloon string holding it together.” Though students may not have appreciated the time and effort Emmanuel Sims put into



Photo by Lily Ann Easley

each upgrade, many complained about the new ping pong paddles as soon as they arrived. Sims was looking at the price, quantity, and good reviews, not knowing students had a preference between wooden or plastic paddles. “It took me about two weeks of researching. It wasn’t like I just got on one day and said, ‘Yup, I’m going to buy these!’” Sims wishes for a budget that allows him to fix or buy new gaming consoles for the students. “Every year budget cuts happen so that

means we have less and less resources. So, one of my goals is I try to make the most economically feasible decisions so I can do more things. I can spend \$100 on ping pong paddles but that means you might not get more pool sticks... Y’all pay a lot of tuition and people think that correlates and it goes to the renovations of the SUB but it goes to different facets.” Sims has a lot of new ideas for how he’d like to renovate the SUB and through talking to facilities and hopefully some future support from SGA, his

ideas will become a reality so students will hang out in the SUB more. “I want this to be a place that you guys come and feel invited and welcomed. When I was a student I loved being in our Student Union Building, that’s where me and all my friends hung out, just laughed, and were being funny and I wanna make sure that’s the same environment for you guys. I think since I’ve been here I’ve seen an increase in the use of the SUB, which I’m very glad about, but I want it to always be packed throughout the

whole day. Students are here for academics and that is your number one priority but you should have fun during college and I want the SUB to be a fun place beside the Residence Halls that you can come to.” With things being fixed and replaced, make sure your voice is heard. “If you have any ideas or suggestions please feel free to email me at esims@centenary.edu, I’m open to suggestions,” Sims says.

## Poetry Club

Article by Melissa Sisemore

There’s a new club on campus! Red River Poetry Society was spearheaded by Abbie Boudreaux and Brian Flynn. Boudreaux initiated the chartering of the organization with the Student Government Association, though she and Flynn both came up with the idea. Currently,

Flynn is president while Marissa Ramsey shares the duties of vice president and secretary and Raegen Petzold serves as treasurer. According to Ramsey, “the purpose of [the] club is to give students the opportunity to share poetry, receive feedback from their

peers, and to showcase the diversity of poetic expression on campus.” They have already hosted their first event, where they brought poet Carlos Andrés Gómez to campus. Gómez is a Colombian American poet, speaker, actor, and author. At the event,

not only did Gómez read some of his poems, but students read some of their own poems as well. There were also students who sang and played instruments. Centenary Activities Board, who partnered with them for the event, provided coffee mugs and there

was coffee from Dunkin’ Donuts. Red River Poetry Society hopes to organize more “coffee shop” open mics throughout the semester. Additionally, Red River Poetry Society hopes to hold workshops where students can get feedback on their poetry in the future.



# Campus Crimes

Article by Sarah Dant

On Sunday February 2nd, Connor Lee, a junior at Centenary, was robbed at gunpoint in the Cline parking lot around 7:45pm. “I turned to walk into the building and a young man had a gun pointed at me saying to give him my keys. So I dropped everything I had on the ground and slowly moved away until him and his two partners got in my car and drove off,” Lee said. Centenary has not been the only target for this group of thieves, though. Several unidentified people have been caught committing similar crimes around Shreveport. “Shreveport has been looking for these guys for a while,” said Chief Eddie Walker during the safety forum on February 4th. “This happened again yesterday a little after noon. Someone reported individuals checking car handles at St. Vincent Mall. Officers responded...a chase ensued, they eventually crashed out, the suspects were taken into custody. So the ones that we think were involved in both of our incidents are now in custody,” Chief Walker continued. The good news here is that the thieves who

were highly suspected of causing Centenary’s crimes have been caught, the bad news is that the thieves were caught after crashing Lee’s car the morning following his robbery.

Car theft crimes have become steadily more frequent since October 2019 when students began reporting missing vehicles and missing items from their vehicles, many of which were unlocked. Because of the numerous unlocked cars, Centenary’s parking lots became a target for crime. Lee’s armed robbery was the second armed robbery in the span of a week and was the climax of fear and confusion among Centenary students. “If Centenary can afford to send every single first year student to Paris, then they can afford to keep students safe...especially considering the constant tuition increase,” said sophomore Victoria Sparks on Twitter following Lee’s armed robbery. Another student, senior Kayla Willie, tweeted following the robbery on Sunday night, “Centenary really has provided me with so many incredible opportunities and learn-

ing experiences. Without this top-notch education, I may never have learned that locking your car doors keeps you from being held at gun point.” Willie’s tweet and frustration was in reference to the numerous Timely Warning emails from DPS where the main safety tip given at the time was to “lock your doors.” Willie continued, “It had less to do with what DPS was actually doing about the problem and more to do with the fact that the only thing they kept telling us was to lock our doors...[DPS’s] limited resources don’t hinder effective communication.”

Despite the doubts and mass hysteria among students, DPS has added even more officers to patrol campus daily because of their limited resources over the past several months. In response to many students’ concerns regarding communication about what DPS is doing to improve safety procedures, Chief Walker explained that following each crime on campus, security was increased, and patrols were more frequent. However, this increased security couldn’t be openly

announced so as to let everyone know, including potential criminals, how to avoid the newest safety strategies. Still, students were naturally curious during the safety forum about a general lack of communication. One question asked was about why students were notified of an armed robbery hours afterwards through a lengthy email instead of immediately through a mass text message like DPS does occasionally. “If we feel like there is a continuing threat to the campus, we will send out the text alert. These incidences though, if the suspect leaves the campus, chances are the campus is no longer on threat. We save [text messages] for ongoing threats to the campus,” said Chief Walker. He also explained that the criminals were seen on campus cameras for a total of four minutes during Sunday night’s armed robbery, which negated the need to send out a mass text. However, DPS still understood and sympathized with students’ concerns. “We have missed a key part, which is communicating to you. That is something

we will correct more moving forward,” said Bob Blue, vice president for finance and administration (of which many security forces fall under his authority).

The safety forum on February 4th was an hour-long session of students voicing their valid concerns for their safety. In response, DPS and other Centenary faculty were very open, honest, and helpful. Chief Walker strongly encouraged every student to utilize DPS escorts across campus at night, no matter how far the walk. “You will not be bothering us,” Chief Walker said after explaining how more officers had been added to the team specifically for nightly escorts. Other safety suggestions from the forum were, of course, locking all cars, as well as keeping keys between each finger as a self-defense measure, staying in groups, taking a couple self-defense classes at the Fit, attending Detective Boucher’s annual rape prevention class, not walking at night while looking at a phone (because it makes you unaware of your surroundings), acquiring pepper spray, and always turning to DPS for questions or information.

In general, students left the forum feeling much more at ease due to DPS’s honesty and increased security strategies. Since the first week in February, there have been no more armed robberies. However, just because crime has decreased in the last month, doesn’t mean students should become more lax about their safety, especially at night. Utilize every safety and self-defense measure DPS offers, and always report any suspicious activity or crime for the betterment of the entire student body.



Photo by Mark Leeper



# OPINION

## Vaping vs. Guns

By Melissa Sisemore



Photo by Rubén Bagüés on Unsplash

After a rash of lung illness deaths linked to vaping, vaping bans have entered the public consciousness in a big way. The main focus has been on the idea that e-cigarette manufacturers target teens and that vaping is a threat to public health. Personally, I find the idea of vaping bans inseparable from gun reform. Although the emissions from e-cigarettes can be inhaled secondhand, the danger from guns is much higher. I do agree that e-cigarettes are dangerous, but to so easily ban vaping but not, say, military grade assault weapons, seems ridiculous.

Let's look at the facts. How dangerous is vaping? Does it target teens? And should it be banned or limited? The aerosol inhaled from e-cigarettes and other vaping devices usually contains nicotine. JUUL cartridges contain approximately the same amount of nicotine as a whole pack of cigarettes. And JUUL is one of the biggest e-cig companies, having taken over three-quarters of the U.S. e-cigarette market. Even ones that don't contain nicotine can be dangerous, though. Propylene glycol and glycerol, two common base liquids, can cause irrita-

tion and may also be carcinogenic. The chemicals used to flavor vape juice can also be dangerous. Cinnamaldehyde, which flavors cinnamon vape juice, has been linked to impaired airway function. But weren't e-cigs designed to help adult smokers quit? Why did they spark a youth vaping addiction and a new lung disease?

Vaping hasn't seemed to have helped adult smokers quit. Quit smoking medication, like nicotine replacement therapy (NRT) in the form of a patch or gum, is still the most effective for helping smokers quit. What vaping has done is hook a whole new generation on nicotine.

The first e-cigarette came out in 2003, but the teen vaping epidemic didn't start in earnest until 2015, the same year JUUL came out. JUUL claims to be "improving the lives of the one billion adult smokers," but their marketing campaigns tell a different story. JUUL's product launch coincided with sampling events in major US cities where good-looking young people distributed free JUULs at movie and music events. Not exactly targeting adult smokers, many of whom are middle-aged or old-

er. The same year, JUUL launched a "Vaporized" ad campaign on billboards, in magazines, and on social media, featuring happy, playful 20-something models vaping. Even more damning, JUUL hired social media influencers to promote its products and created hashtags like #juul, #juulvapor, #switchtojuul, and #vaporized to promote the product. Again, not exactly targeting their alleged market. In 2018, after the FDA and the media began to report on teen vaping, JUUL changed their advertising to focus on adult smokers, thirty-five and up. They now featured testimonials from adult smokers who switched to vaping. But the genie can't be put back in the lamp. The JUUL hashtags still circulate the internet. JUUL maintains that targeting teens was never their intention, but at a July Congressional hearing, claims were made that a JUUL representative once visited a high-school classroom and told students that JUUL e-cigarettes were "totally safe." According to documents released by congressional investigators, JUUL sponsored youth smoking-prevention and education programs in high

schools, summer camps, and public out-of-school activities. This is eerily similar to educational programs once held by big tobacco companies. This is not surprising when you learn that JUUL is now part-owned by the cigarette company Altria.

So, if I clearly believe that vaping is dangerous and that its marketing targeted teenagers, why do vaping bans and legislation make me so uncomfortable?

On December 14, 2012, twenty elementary schoolers and six teachers at Sandy Hook Elementary in Newtown, Connecticut, were killed. The shooter, Adam Lanza, also killed his mother and himself. Lanza brought several hundred rounds of ammunition with to the school.

On October 1, 2017, at a country music festival in Las Vegas, fifty-eight people were killed and 851 were injured in ten minutes. It was the worst mass shooting in U.S. history. Steven Paddock fired more than 1,100 rounds of ammunition.

On February 4, 2018, at Marjory Stoneman Douglas High School in Parkland, Florida, former student, Nikolas Cruz, used an AR-15 style semi-automatic rifle to kill seventeen people and injure seventeen others.

On August 3, 2019, a gunman shot and killed 22 people and wounded 24 others at a Walmart in El Paso, Texas. A day later, Connor Stephen Betts killed nine people and injured twenty-seven others in Dayton, Ohio.

These are just a few examples. As of 2020, there have been twenty-four mass shootings, although not all have had fatalities. And at the time of this writing, President Trump has banned cartridge and pre-filled pods in the flavors popular among teens, such as mint and fruit. But he refuses to support restrictions of any kind on gun ownership. Firearms are the second most common cause of death of people under the age of 19 in the U.S. Drug overdose or poisoning is the sixth most common cause of death. I'm not trying to downplay the dangers of vaping, but firearms are objectively far more dangerous to minors.

Is this ban a good idea? Yes, probably. But if we're going to consider legislation to protect our youth from the dangers of vaping, we need to look at legislation that protects our youth from gun violence.



# The Statues That Won't Be Missed

By Lily Ann Easley

Centenary students, faculty, and casual joggers were all in agreement, the statues were weird. Art pieces brought in by the Icelandic sculptor Steinunn Thórarinsdóttir covered the campus with androgynous metal people that stared into your soul.

The artist labeled the sculpture collection Borders and hoped to fill spaces that humans occupy, which seemed to work as students and President Holoman was seen on many occasions sitting with the statues or taking selfies. The statues seemed to occupy the space so well that on one occasion a DPS officer almost shot a statue, mistaking it for an unresponsive stranger on campus in the dark. Students have also been creative in making the sculptures more life-like



Photo by Lily Ann Easley

by decorating them for the seasons. From the typical Mardi Gras beads and Santa hats to the bizarre with one Sophomore student, Sadonte Miles, seeing one statue adorned with loafers shortly.

Though the Centenary community seemed to have fun with the

statues, their absence has not been regrettable. Many found them to be a bit too strange. A Centenary Freshman, Akearia McDougle said, “They creep me out while walking around campus. Sometimes it looks like the heads are following me.” One Senior Student Ambassador explained

the hardship of giving a tour where “the parents and students would make weird faces and ask why.”

The intimidating silhouettes of unearthly still people are finally gone. So maybe now we can have one less worry on campus for DPS.

# 100 Word Rant

By Abigail Moody

Centenary students have a serious reputation for becoming unhealthily over committed. There is a lot of pressure on students to “Do More in Four,” but many of us are being pushed past our limits. We have an undergraduate student body of fewer than 550 but over sixty registered student organizations. Very few organizations have fewer than 10 members, so students must be active members in several organizations to maintain this high organization count. It’s time to acknowledge as a student body that we’re doing too much. Not everyone can handle being in eight organizations, and no one should feel like they have to.

TUESDAY, MARCH 31ST  
ABSENTEE BALLOT REQUEST DEADLINE

LOUISIANA

HeadCount.ORG



# OPINION

## Is the Green New Deal After Your Burgers?

By Melissa Sisemore

What is the Green New Deal? The only way to save our planet? A pie-in-the-sky dream that is impossible to achieve? A plot to take away Americans' burgers? The Green New Deal is a fourteen-page plan, for everything from deforestation to indigenous land rights. The sweeping reforms it contains could cost as much as \$1 trillion dollars. Perhaps the more important question, though, is would it work? Would the benefits be worth the price tag? California was on fire again. The increase in fires is thought to be connected to global warming. Since the early 1970s, summers in Northern California have warmed by about 2.5 degrees Fahrenheit and according to Park Williams, a climate scientist at Columbia University, "every additional increment in heat in the environment speeds up evaporation, dries out soil, and parches trees and vegetation, turning them into ready fuel for a blaze. And it matters that heat is prompting this 800% explosion in forest fire." And that is just one example. The fact that something needs to be done is undeniable. What should be done is the question. Let's break down the Green New Deal and whether or not it could work.

***"Meeting 100% of the power demand in the United States through clean, renewable, and zero-emission energy sources."***

Hydroelectric, wind, biomass, solar, and geothermal currently account for about 20% of US energy production, according to the U.S. Energy Information Agency. The Green New Deal would change all energy to these alternatives. There are a number

of environmental benefits to this, however, there are other groups that say this does not go far enough. There is no language in the Green New Deal that would explicitly legalize fracking, nuclear power, and fossil fuel consumption. Additionally, hydroelectric dams have negative effects on the environment as well. According to the Hydropower Reform Coalition, a consortium concerned about the impact of dams, "dammed rivers also lack the natural transport of sediment crucial to maintaining healthy organic riparian channels. Rocks, wood, sand, and other natural materials build up at the mouth of the reservoir instead of dispersing through the river's meandering channel. Downstream of a dam, the river is starved of its structural materials and cannot provide habitat." There are also concerns about degraded water quality and fish migratory patterns. That doesn't even go into how expensive it would be to "meet 100% of the power demand in the United States through clean, renewable, and zero-emission energy sources." A 2015 study by the journal Energy & Environmental Science claims that it is technically and economically feasible to run the US economy entirely on renewable energy by 2050. The plan laid out in the Green New Deal would put it at 2030. Both the 2015 study and the Green New Deal calls for America to mobilize on a World War II level. During World War II, aircraft production increased from nearly zero to 330,000 over five years, but could Americans be that motivated about the environment?

***"Building or upgrading to energy-efficient, distributed, and 'smart' power grids, and working to***

***ensure affordable access to electricity."***

This would redo electrical grids to be powered on clean energy would be more efficient. It'll cost hundreds of billions of dollars over 20 years, according to estimates, but in theory, it would ultimately save America money and provide more affordable electricity. The Energy Information Administration estimates that 14% of households on Native American reservations have no access to electricity, 10 times higher than the national average, and nearly a third of households in the United States struggle to pay their energy bills, the Energy Information Administration said in a 2018 report. Hispanics and other racial minorities are hit hardest. So, if this worked it could ensure that all Americans had electricity, helping lift them out of poverty and into the workforce, in theory paying for the initial cost of the grids.

***"Upgrading all existing buildings in the United States and building new buildings to achieve maximal energy efficiency, water efficiency, safety, affordability, comfort, and durability, including through electrification."***

There is no estimate as to how much it would cost to make all buildings in America "green" and there are also questions of individual rights and land ownership. An additional problem not addressed in the proposal is the fact that approximately 17.7 million Americans live in mobile homes, which are not as safe as site-built homes, especially during tornadoes. And most people living in mobile homes are 20 miles away from the nearest FEMA-certified tornado shelter. Would the Green New Deal move these people into better

homes or provide tornado shelters? This particular section of the deal seems like one of the hardest to achieve, but also one that could potentially save lives and alleviate poverty by lowering utility bills.

***"Overhauling transportation systems in the United States to eliminate pollution and greenhouse gas emissions from the transportation sector as much as is technologically feasible, including through investment in zero-emission vehicle infrastructure and manufacturing; clean, affordable, and accessible public transportation; and high-speed rail."***

Over the years, there have been various laws, tax breaks, etc. to move Americans to "greener" forms of transportation, many of which have been done away with by the Trump administration. There are huge benefits to not using gas, such as not destroying state parks for oil or starting more wars in the Middle East over it. The question of course is the feasibility of it. Tesla and other companies have created electric cars, that with tax breaks and incentives, could become affordable enough to replace gas-powered cars. Additionally, Alexandria Ocasio-Cortez and activists like Greta Thunberg have emphasized using trains rather than airplanes for travel. Trains have far lower carbon emissions than airplanes and one of the goals in the Green New Deal is to invest in high-speed rail. The real question is will America commit to doing what needs to be done to make it work?

***"Removing greenhouse gases from the atmosphere and reducing pollution, including by restoring natural ecosystems through proven low-tech solutions that increase***

***soil carbon storage, such as preservation and afforestation."***

This is probably one of the best and easiest ideas in the Green New Deal: plant trees! Not only does this help the atmosphere, it also helps provide habitats for animals. Also, a growing body of research suggests that access to nature can help treat depression. More trees could potentially mean more or larger state parks. The admission to these parks could help pay for the Green New Deal.

***"Working collaboratively with farmers and ranchers in the United States to eliminate pollution and greenhouse gas emissions from the agricultural sector as much as is technologically feasible."***

The Democrats are coming for Big Macs! Sort of, but the benefits of eating less meat are profound. Beef is responsible for 41% of livestock greenhouse gas emissions, and that livestock accounts for 14.5% of total global emissions, according to a 2019 CNN special report. The UN Panel on Climate Change Report suggests that changing diets worldwide could contribute 20% of the effort needed to keep down global temperatures, which in turn could help decrease disasters like the California wildfires. Of course, there are concerns about the workers in agriculture losing their jobs, but what's often left out of the conversation is the horrifying working conditions in factory farming. A reform of factory farming would have tangible benefits for the low-income employees provided the Green New Deal ensures they have jobs in other fields or at reformed farms. Which leads into the next point in the Green New Deal.





Photo by Markus Spiske on Unsplash

***“Guaranteeing a job with a family-sustaining wage, adequate family and medical leave, paid vacations, and retirement security to all people of the United States.”***

Guaranteed jobs seem less connected to environmental reform, but actually goes hand-in-hand. If farming, mining, fracking, and other jobs are gone or change substantially as a result of the Green New Deal, it makes sense that it guarantees work. How this would be achieved is a bit murkier. MIT’s Living Wage calculator came up with the figures of \$11.41 per hour for one adult and \$18.44 for two adults and two children. The Center on Budget and Policy Priorities came up with a hopeful estimate; the total cost to the government each year would be about \$543 billion, much less than the government spends on safety net programs Medicare and Social Security each year. Could it be that guaranteed wage would save the government money? Other think tanks aren’t so sure and

it has been a hot-button topic amongst presidential candidates, but if it worked the benefits could be enormous.

***“Obtaining the free, prior, and informed consent of indigenous people for all decisions that affect indigenous people and their traditional territories, honoring all treaties and agreements with indigenous people, and protecting and enforcing the sovereignty and land rights of indigenous people.”***

After centuries of broken promises to indigenous peoples, putting this in the Green New Deal seems like a step in the right direction. The Trump administration, in particular, has attacked Native lands. The U.S. Bureau of Land Management has continued to lease the land nearby sacred Chaco Canyon (some of which is a “protected” national park) despite protests, for example. Some Native activist groups, like Red Nation, don’t think that the Green New Deal goes far enough, though. Red Nation has drafted the

Red Deal, that according to their website, is “not a counter program... it’s a call for action beyond the scope of the US colonial state [and] a program for Indigenous liberation, life, and land—an affirmation that colonialism and capitalism must be overturned for this planet to be habitable for human and other-than-human relatives to live dignified lives.” For far too long the American government has ignored the ideas and beliefs of Native Americans. Now, more than ever is the time to listen to them. Despite making up less than 5% of the world’s population, indigenous people protect 80% of global biodiversity, meaning they have to be on the forefront of any conversations about saving the planet.

***“Providing all people of the United States with — high-quality health care; affordable, safe, and adequate housing; economic security; and access to clean water, clean air, healthy and affordable food, and nature.”***

There’s a lot happen-

ing here. Perhaps most contentiously, is universal healthcare. Universal healthcare is at the center of the presidential debates. Like everything else in the Green New Deal, there is the question of cost, as well as personal freedom. Truthfully, this one point could be the topic for an entire article. At its core, though, is an idea that Americans have a right to “high-quality health care; affordable, safe, and adequate housing; economic security; and access to clean water, clean air, healthy and affordable food, and nature” and it’s hard to disagree. The housing and economic security are covered in other parts of the Green New Deal and “access to clean water, clean air, healthy and affordable food, and nature” is baked into the whole plan. One of the biggest threats to clean water and air is mining, so moving to greener alternatives will help with that. Many of the ideas in the Green New Deal would hopefully lift people out of poverty enabling them to afford healthier food. Lastly,

the Sierra Club has been working on the “Transit to Trails Act” to help low-income people have greater access to public parks. If this act is implemented in tandem with the Green New Deal it could enable better access to nature. Of course, if more trees are planted to help the environment, this also increases access to nature.

There are other points in the Green New Deal about labor, workplace health and safety, anti-discrimination, wage and hour standards, strengthening unions, negotiating trade deals that benefit America and the environment, providing education, and giving Americans stakes and ownership in organizations working on Green New Deal mobilization. Frankly, the Green New Deal is huge and would impact nearly every aspect of American life, but it also has the power to improve life if done properly. The Green New Deal is not perfect, and could be improved on, but it might work.



# LIFESTYLE

## 10 Reasons to Be Centenary Proud

Article by Callie Fedd

### 1. Diverse Group of Students:

On the day I moved in for my freshman year at Centenary, I saw a kid dancing dressed in a cow suit. In retrospect, it was more than likely a gimmick to recruit for one of the fraternities, but that moment has since become a representation of the most eclectic group of people I have ever met – Centenary students.

Centenary students hail from all around the world: from Europe, Asia, Africa, South America, and all over the United States. Each student brings with them bits of their own culture, practices, and personality. Together, the student body makes Centenary a verifiable melting pot of eccentricities and uniqueness. As students, we should be Centenary Proud to be able to claim each other as our peers.

### 2. Travel Opportunities:

My friends from high school spent the first weeks of their freshman year going to orientation lectures, safety meetings, and freshmen mixers. Whereas I, and a group of other incoming Centenary freshmen, spent only the first two days on those trivial things before quickly moving on to our first college class – and then, Paris.

Centenary prioritizes its students learning about other cultures. Besides the freshman Paris trip, the school requires students to go on a May Module in order to complete the Trek: Culture requirement. While the graduation requirement of the Trek credit may take away some of its magic, the idea of being required to go on a new and exciting adventure is extraordinary. As students, we should be proud of the travel opportunities facilitated for us.

### 3. Financial Aid:

As much as I may have wanted to pretend otherwise, finances were always going to be a deciding factor in what college I chose. By graduating from a Louisiana high school, my friends and I were eligible for money from the TOPS program. TOPS is a state scholarship program that gives significantly more money to students going to public schools, such as LSU, rather than private liberal arts college such as Centenary. I never would have been able to attend Centenary if it had not been for the generous financial aid the school provided.

Centenary does not receive state support because of its status as a private school. Therefore, a large portion of the money the school generates comes from the generosity of our donors, some being our notable alumni and others simply being charitable figures. This could have easily restricted many students from the education Centenary has to offer, if not for the school’s willingness to fund merit scholarships, campus visit scholarships, and the numerous individual grants. As students, we should be Centenary Proud to have earned this support.

### 4. Academic Opportunities:

Last year, as only a freshman, I presented a paper at Centenary’s annual research conference. While I personally hold the opinion that it was not a very good paper, I have pride for all of the hard work I did. A professor assigned me the topic and occasionally read through my drafts, but for the most part I worked independently. The end reward was that I was able to present my work for the first time as an eighteen year old

freshman.

Centenary provides exceptional academic opportunities; we have small class sizes, more resources per student, and earlier chances for advanced study than most big state schools. Here, students are introduced to figures such as Jericho Brown, Dr. Rebecca Otis, and Mayor Adrian Perkins. We can enter our work in campus competitions and present at the research conference. If no major suits our needs, we have the support and resources to create our own. As students, we should be Centenary Proud of the quality of education we are receiving.

### 5. Professors:

For the longest time, the words “college professor” always conjured an odd image for me – sort of a Mr. Feeny crossed with Albus Dumbledore figure. I had the idea that college professors were old, stuffy, highly intellectual, boring, and more than a little intimidating. It was not until I met my first Centenary professor, who had me ninety percent convinced that Mormons could not eat spaghetti, that my preconceived notions were challenged.

Centenary has as diverse a collection of professors as it does students; professors that come from all over the world and bring with them the experience of their years. They are all reputable figures who are integral parts of the academic opportunities Centenary is able to offer. Even more importantly, they are all dynamic, caring, respectable people who do their best to support Centenary and its students. As students, we should be Centenary Proud of the chances we have to work with and learn from these professors.



Photo courtesy of Centenary Marketing and Communication



Photo courtesy of Centenary Marketing and Communication

### 6. Leadership Opportunities:

I have friends at other universities who have spent years desperately trying for any leadership roles. They are role models in their organizations and on paper have the stellar credentials necessary for leadership. The problem is that they have so much competition from other students that it becomes a numbers game.

Centenary offers students exceptional opportunities for responsibility

and leadership. In fact, they even encourage students to step-up to the plate in this regard. From outreach organizations like Outreach, BSU, and MSA to the student media productions like Pandora, the Conglomerate, Film Society, and KSCL. Additionally, we have department honor societies, student programming, and community involvement opportunities. As students, we should be Centenary Proud to be trusted with these amazing chances.





Photo courtesy of Centenary Marketing and Communication



Photo courtesy of Centenary Marketing and Communication



Photo courtesy of Centenary Marketing and Communication

7. Entertaining Events:

Coming from a very southern family, college football has always seemed to be a big part of the college experience. It was an entertaining event that never failed to unite not only people of the college, but also the community. Centenary’s

conspicuous lack of a football team only served to reinforce the stereotype of boring, stuffy, bourgeoisie institute of higher learning for me. It took barely two weeks after Fall semester started for that idea to be thrown out the window. Centenary has a host of organizations that

work hard to bring fun events to campus. Centenary Activities Board’s (CAB) whole purpose is to think up creative programming for campus; they are responsible for Fall Fest Week events, coffeehouse nights, Build-a-Bae, and Spring Fling events such as CABchella. And we have

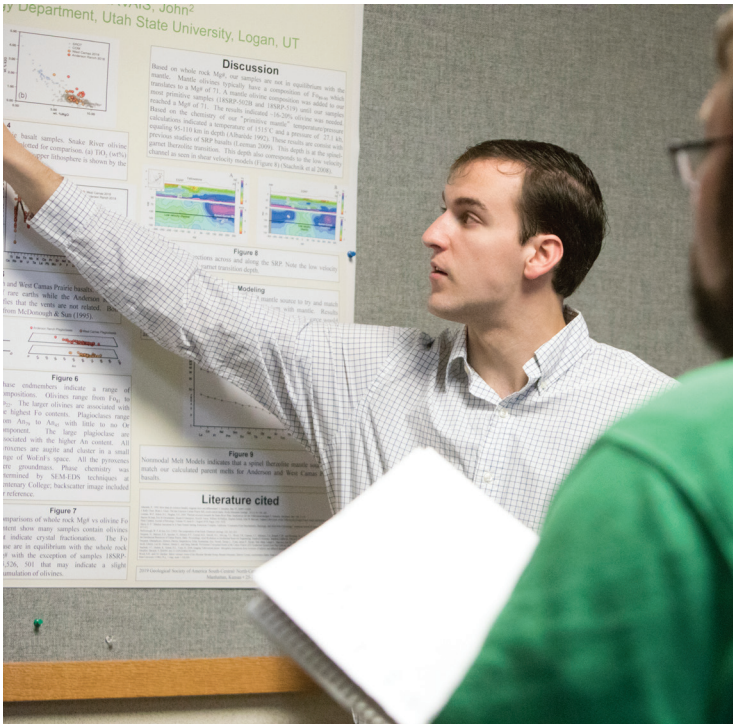


Photo courtesy of Centenary Marketing and Communication

many other organizations that have dedicated students who continue to put their time and efforts into making college fun and interesting. As students, we should be Centenary Proud to go to school with such dedicated peers.

8. Beautiful Campus:

As someone who grew up in the Shreveport-Bossier area, I have spent my entire life looking at Centenary. Usually as my car sped down Kings Highway on the way to Strawn’s or Whataburger, but still Centenary never seemed to hold any surprises for me. That was, until I had access to the inner part of campus and witnessed the beauty of campus firsthand.

Centenary is an extremely beautiful campus. While it may be small, it utilizes the advantages, such as the arboretum, to the best of its abilities. This beauty is due to the hard work and dedication of our staff. As students, we should be Centenary Proud to go to such a beautiful school.

9. Community Involvement:

This point was made to me in my first few days at Centenary. While students at other schools were still wandering around their campuses, my class and I spent our morning volunteering in

the community as part of Orientation Service Day. Centenary takes pride in the school’s involvement in the Shreveport-Highland community. The school starts us out early with Orientation Service Day and continues to encourage community involvement with things like The Big Event and the Trek: Community requirement. As students, we should be Centenary Proud to be a part of such a civic-minded school.

10. History:

In my fall Trek: 115 class, my professor gave us a quiz about Centenary. It was the idea that in order to appreciate Centenary, students needed to know the history of their school. The quiz covered topics such as the school’s motto, history, and interaction with distinguished figures. Centenary was founded in 1825 and claims the title of oldest college in Louisiana. With such a long history, the school has created numerous successful alumni that have had wonderful careers in medicine, music, education, politics, and so much more. Proof that those who have graduated from the school have benefited from the singular education Centenary has to offer. As students, we should be Centenary Proud to be a part of such a storied history.



# LIFESTYLE

## Easy Ways to Be More Eco-Friendly in College

Article by Sarah Dant

If you’ve been paying attention to social media or news channels the past several months, then you are well aware that many scientists are claiming that we are in a “climate change crisis.” Everyone has their own personal beliefs on this breaking news—usually dependent on what political party one subscribes to—but regardless of personal beliefs on climate change, we can all strive to be better custodians of our planet.

A common argument about reducing waste and implementing more eco-friendly products into daily lifestyles is that there is no point because massive companies are the ones damaging the planet the most. This point is correct in that there are between 90 and 100 companies worldwide that are responsible for 70% of global emissions and that the two most wasteful companies (plastic-wise) are Coca-Cola and PepsiCo, but that shouldn’t give humans an excuse to add to the mess. There are approximately 5.25 trillion pieces of trash in Earth’s ocean. Another frightening statistic claims that 88% of the ocean surface is polluted in garbage. This is killing off necessary ecosystems and causing irreversible damage our beautiful planet. There isn’t much we can do about the massive companies releasing harmful emissions and wasting plastic other than attempting to boycott these companies. While we don’t have much control over some companies, we do have control over what we can do to not add to the mess in our oceans, beaches, landfills, and streets.

### Reduce Waste

The plastic straw debate last year was a start in raising awareness about reducing plastic,

but straws are definitely not the only plastic product piling up in the oceans and landfills. Do your best to boycott all of it. Use reusable bags instead of plastic or paper ones. Buy reusable straws and silverware to keep in your purses or backpacks. Remember to bring your own mug to coffee shops or ask the barista to fill a glass mug instead of a paper one if you’re going to sit for a while. Coffee shops like Rhino Coffee and Retro 521 do this. Some coffee shops even offer a discount for those who bring their own mugs, like Starbucks.

Other ways to reduce waste are to replace some of your hygiene products with eco-friendly ones. This can be expensive especially for college students, so start small if you can. A cheap start is to use bar soap for body wash (there are shampoo bars too, but how well it works depends on the person and the hair type) instead of body wash in plastic containers. Bar soap is often cheaper and longer-lasting than bottled body wash. Use bar soap for hand washing too instead of soap in plastic containers.

Other replacements for hygiene products are: replacing plastic toothbrushes with bamboo ones (you can buy a pack of these on Amazon for a few bucks!), buying toothpaste tablets instead of toothpaste in plastic tubes, replacing makeup wipes with a makeup eraser rag, and replacing traditional menstruation products with menstrual cups or washable pads.

Some reusable products are more expensive and unrealistic than others, so do what you can. Sometimes, spending money on one reusable product will save you money in the long run because you won’t have to keep re-buying it. For example, reusable men-



Photo by Ryan Everton on Unsplash



Photo by Sarah Dant

struation products are pricey, depending on the brand. However, the average woman spends well over \$2000 in a lifetime on pads and tampons. A menstrual cup or a pack of reusable pads can be anywhere from \$30-50, but they can last between 5-10 years, therefore saving you hundreds of dollars in the long run. This goes for numerous other eco-friendly products too.

### Recycle

Here’s an obvious one! It’s not realistic for one to always remember their reusable straws, silverware, and cups. It happens. And as long as you’re aware of it and you strive to change...  
(Continued on page 11)



Photo by Sarah Dant



# SPORTS

## Balancing Athletics and Academics

Article by Lily Ann Easley

With the basketball seasons at a close, I decided to interview one of the first-year members of the team, Gyllian Gautreaux, to see how she balances academics and athletics during the school year.

**Q: How is the basketball season going so far?**  
**A:** “It’s a growing progress. We have 9 new faces to the program, including myself, so we’re building from that. As far as building relationships and becoming a team, I think we’ve gotten that. Now is just the time to get ready and focus on next season and that’s where we’ll really start to excel and see progress...We spend a lot of preseasons getting to know each other as a family and bonding off the court, which helped us on the court.”

**Q: Is the team working well together? And if so, how?**  
**A:** “We have our moments where we get hotheaded and it’s like, ‘Oh, I’ve seen her mess up once or twice so I might not pass her the ball,’ but at the end of the day... we’ll pick each other up, and make sure no one feels down about themselves. I know I’m not the best player and I’ll mess up a play and instead of them getting mad at me it’s straight to, ‘It’s okay, G. Let’s stay after or let’s work on this.’ We’re all caring and willing to help one another, it’s honestly a huge family.”

**Q: How is school going with Basketball in season?**  
**A:** “This semester is rougher than last. But the girls text us randomly, ‘If anybody has home-

work and you wanna go to the Dome in the locker room we can chill and do homework.’ We have each other’s backs and make sure we get what we need to be done. Coach Jason understands studying. Last semester I was emotionally stressed out, I didn’t know what to do, so he called one of the Reverends and she sat down with me, just him making sure I was okay. He will randomly send us texts and make sure we’re okay. I’m slowly getting the hang of it.”

**Q: Any tips for those trying to balance academics and athletics?**  
**A:** “As soon as you get your syllabus, I made a schedule of, like, every month and what is due and what we have. I try to get it done and I try to get it right.”



Photo courtesy of Centenary Marketing and Communication

...your habits, that’s all that matters. So when you forget to bring your reusable products, recycle as much as you can. This can be difficult for college students because not all campuses recycle, and even if they say they do, oftentimes they just dump the recycling stuff in the same bin as the regular garbage. If you see a recycling can in a restaurant or store, throw your stuff away there. Or collect your plastic and take it to a recycling center in Shreveport once a week. Whatever you do, just try your best.

**Support Local, Compostable, Biodegradable, and Recycled Products**  
More and more stores, companies, and restaurants are using/selling compostable and recycled products. Support these stores and companies. Well+Fed Louisiana, just 5 minutes down the road from Centenary, uses

compostable plastic, silverware, and to-go boxes for their food. Some local coffee shops and restaurants have started using cups made from recycled materials. Whole Foods, Target, and Kroger sell compostable cleaning and hygiene products (like razors and shampoo bottles) made from recycled plastic. Support these companies because they are helping clean the oceans and give plastic a second life.

**Eat Less Red Meat**  
Everyone has heard this before. You can roll your eyes all you want, but that won’t change the fact that meat production takes a massive toll on the environment. If everyone ate less meat, it would make a huge impact on the environment. According to the Food and Agriculture Organization, mass production of meat creates almost 20% of total greenhouse gas emissions. Additionally, half of all water in

the United States is used to raise animals for food production and according to National Geographic, 2,000 gallons of water is used to produce a pound of beef while only 200 gallons of water is used for foods such as potatoes or wheat. Finally, mass animal agriculture is a direct contributor to deforestation because of how much land is needed for meat production. Every human body needs different foods to thrive. Some people need the nutrients in meat to fuel their bodies. However, there are ways to consume meat in a more ethical way. Research local meat producers in your area. Local animal agriculture is far better for the environment than mass animal agriculture because production isn’t happening rapidly and therefore less land and resources are used. Choose local over mass produced meats in Walmart or fast food restaurants. A couple health food

stores in the Shreveport/Bossier area sell meat from local producers at a decent price such as Sunshine Health Foods and Drug Emporium. Also, Shady Grove Ranch in East Texas has a bulk purchasing option on their website for healthier and more ethically produced meats. Be smart in your purchases and what you support!

**Switch from Google to Ecosia**  
Google makes billions of dollars from its billions of searches every day. There’s nothing wrong with Google as a search engine, however, wouldn’t it be nice if these billions of dollars supported a good cause? There is a search engine called Ecosia that uses their income from ads and searches to plant trees. With every 45 searches, Ecosia plants a tree. As of February 2020, Ecosia has over 15 million active users, over 83,000,000 trees

planted, and over 9,000 planting sites with each of these numbers growing daily. Ecosia is a really easy way to make a difference while being broke, tired, and hungry in college. It provides just as much information as Google with every search, so you will not be short on sources for your next paper. Make Ecosia your main search engine on your computer and put your searches towards a good cause! As college students, it is a daunting task to take care of yourself and even more daunting to take care of the planet you live on with limited income, time, and energy. Consider implementing these eco-friendly tips into your lifestyle, because every dollar towards a reusable product and every piece of recycled plastic makes a difference.



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